

Controversy Builds Over Cuts to Chinatown Park

Reduced Park Viewed as Second Rate; Reasons for Reductions Shift

By Adam Smith

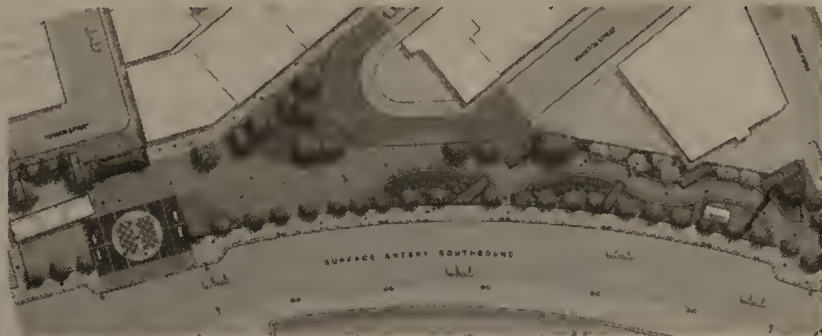
Chinatown is used to controversy. Whether it's a protest over a planned high-rise apartment

tower, a rally against a new strip club, or a frustrated effort against prostitution and drug sales, the neighborhood has seen its share of unrest. But few would have expected controversy would erupt from the design of a new park. But it has.

Scores of unhappy Chinatown and Leather District

residents aired their concerns and complaints last week at a meeting for Chinatown's proposed park, dubbed Parcel 23D, which will stretch along Surface Artery near the Chinatown gate, from Beach to Essex Streets. The park is in its final stage of design and its highest point of con-

CONTINUED PAGE 6



SAMPAN



September 17, 2004 Vol. XXXIII

Serving Asian Americans Since 1972

English and Chinese

FREE

<舢舨中文>

華美董事會主席陳美霞
榮獲「美國展望」獎

九月高膽固醇警醒月
少吃動物性脂肪高的食物

華埠公園之設計圖再版
民衆批評只是二流公園

新任亞裔文化中心
執行主任 陳慶怡
利用經驗為弱勢團體爭取權益

麻州亞裔共和黨協會主席
黃鷹立
全國黨代表大會經驗分享

21世紀嶄新支票處理法令
讓金錢過戶更加有效率

更多精彩內容

Remembering September 11



Members of the American Legion, Boston Chinatown Post No. 328, attend a "Day to Remember," a September 11, 2001, commemoration in the Charlestown Navy Yard on September 10.
Photo by Anita Chang

Gaiety Ordered Boarded Up

By Adam Smith

At the order of Boston's department of Inspectional Services, the century-old Gaiety Theatre has been boarded up and sealed for rain protection.

But the weather proofing at the defunct theater -- a creation of famed architect Clarence Blackall, designer of the Wang Center and Colonial Theatre -- was not completed until after days of rain had already soaked the city. Inspectional Services ordered the building sealed after the Gaiety's owner, Kensington Investment Co., hired contractors to remove windows and roofing sealant, called flashing,



Gaiety Theatre

CONTINUED PAGE 7

AARW Hires New Director

By Adam Smith

Ching-In Chen is a part-time poet, full-time social justice advocate, and the newest addition to the Asian American Resource Workshop's leadership.

Chen, who grew up in the North Shore and recently returned from a three-year stint in San Francisco, has long been



Ching-In Chen

CONTINUED PAGE 4

OPINION

The "Designer Education"

By Liang Qu

Having worked at the Emerson College admissions office through two early-action decision periods and one regular decision period, I have come to develop a great pet peeve for parents who feel a need to do everything for their dear little progenies.

Not that I am bitter because my parents never felt the incessant need to "aid" me in my college application endeavors. Actually, I am quite grateful, for three reasons that they've never bothered.

Reason number one: I didn't want them to "butt in."

Reason number two: the late teenage years are a period when young adults value anyone and everyone's opinions but their parents'. I found my parents' opinion, that an "Ivy-label" education is the make-all and break-all in one's life, slightly laughable.

And finally, reason number three: by allowing me, and only me, to fill out my application forms, write my own essays, compile my own resume, and make my own higher-education choices, I realized that I am the one making the ways in my life. After all, is my mommy really

going to help me fill out the applications to my internships? Is my daddy going to call up Donald Trump and demand an explanation as to why his little girl did not get the CEO position?

Asian parents for the most part are good about taking the hands-off approach to the college admission process. However, most are still very opinionated and dead-set on shoving their children through the doors of Harvard, Yale, Brown, and other Ivy-league what-nots. So once and for all, let me, as someone who is decently experienced in the college decision process, emphasize that an Ivy league degree in your hand is much like a Gucci label on the inside of your sweater: It doesn't really make you a better person and doesn't guarantee a second look from people on the street.

That said, let's examine how we could make the already stressed lives of the college hopefuls a tad less so. For one thing, when it comes to which schools to look at, what majors to declare, the umbilical cord needs to be cut. For there are only two consequences for the over-coddling, or over-nagging the college bound. One:

Over-coddling and doing everything for them, will only make the applicants lazy and irresponsible. (Example: Have you handed in your application yet? I don't know, my mom's doing it.) Two: Over-nagging, constantly "checking-in" on their application process will result in the applicants' sky-rocketing stress level and could harbor some resentment towards the parents. (Example: Have you finished your early application to Harvard, Yale, Brown, Princeton, Stanford...? MOM!!! I have finals coming up in all my honors classes next week! Have you brushed up on your SATs, you have another coming up this weekend? DAD!!! I have lines to learn for the lead of the school musical!)

Note to parents: Education is important. No doubt about that. But please keep in mind that the education this time around is not yours, but that of your child's. This is their life, so they must start taking chances and making decisions for themselves. Whether they want the designer education you've decided for them, or should they choose a lesser-known-to-the-world institution, the ultimate decision must be made by the student and not you.



CHINATOWN PHOTO FROM THE PAST

IN THIS 1996 PHOTO, BOSTON LATIN STUDENTS ARE RECRUITING NEW MEMBERS FOR THE SCHOOL'S ASIAN CULTURES CLUB.

PHOTO BY ROBERT O'MALLEY

Got a good photo? Let us know. (617) 426-9492, Ext. 207.

After all, they are picking out the designer labels for their exterior beings, trust that they will find a suitable educational label for their intellectual beings as well. And whatever you do, do not call on behalf of your college applicant and

demand reason for his or her rejection; and do not berate your college applicant as to why he or she did not get into all the institutions applied, and the neighbor's kid did.

GUEST EDITORIAL

Asian American Voters are Part of the New Majority

By Lydia Lowe

Andrea Cabral defeated longtime politician Stephen Murphy in the race for Suffolk County Sheriff in the September 14 Democratic state primary. Her name will now appear on the final election ballot in November unopposed, guaranteeing election.

Cabral credited her victory to increased turnout by communities of color and women. Turnout was

up throughout the Black, Latino, and Asian communities. Cabral did well among Chinese voters, who responded to the New Majority coalition's endorsement, her higher level of experience, and her message of being both tough and smart on crime. At the Quincy School polling station, Cabral beat out Murphy 218:36.

The Chinese Progressive Association

(CPA), which did not endorse any candidate, had particularly targeted three precincts with a high percentage of Chinese residents in Chinatown, South End, and Mission Hill for a voter registration and education campaign this fall. CPA published and distributed bilingual articles about the importance of voting, an information sheet about the two candidates, and a sample ballot for voters to use to mark

their own choices. In addition to distributing literature, CPA organized voter registration tables, a dozen voter education workshops in housing developments, and telephoned voters to tell them about the election.

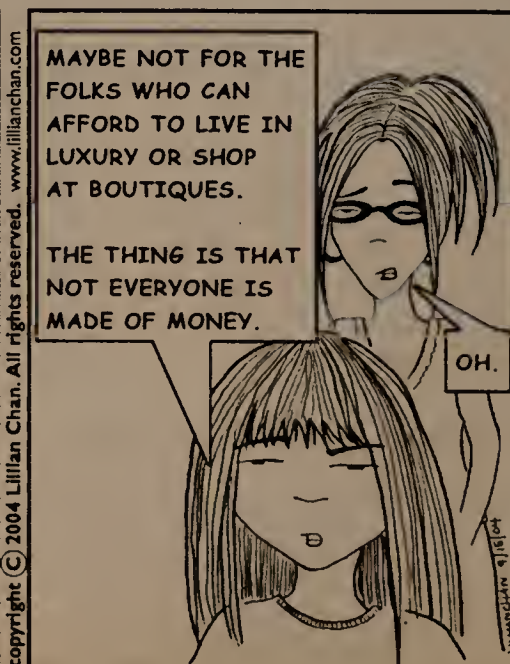
In comparison to the 2000 state primary, turnout increased by 697% at the Quincy School, by 352% at Franklin Institute, and by 66% at Mission

Park. Turnout in this election of few contests was still a small percentage of total registered voters, but higher than the citywide average. The number of registered voters was also up, by as much as 40% in Chinatown.

The views are solely those of the author.

ah-Lin!

by Lillian Chan



SAMPAN

WWW.SAMPAN.ORG
200 TREMONT ST., BOSTON,
MASS. 02116
(617) 426-9492;
FAX: (617) 482-2316

English Section:
Editor and Main Reporter:

Adam Smith
ENGLISHEDITOR@AACA-
BOSTON.ORG

Layout and Page Designer:
Adam Smith

Volunteers:
Writers: Dennis The, Yuet Ng
Copy Editors: Amy Chin, Yuet Ng, Mary Thang

Cartoonist: Lillian Chan

Chinese Section:
Editor, Translator, Reporter,
Page Designer:
Anita Chang
ANITA@AACA-BOSTON.ORG
Volunteers: Helen Kwok,

Marketing and Advertising:
Marketing Manager:
Anh Nguyen
SAMPANADS@AACA-BOSTON.ORG

Printer:
Graphic Developments, Inc.

Sampan is New England's only bilingual English-Chinese newspaper and is published on the first and third Fridays of the month. It is nonprofit and non-partisan. Founded in 1972, Sampan is published by the Asian American Civic Association. Sampan is distributed free in Chinatown and the Greater Boston area. All donations to the publication are tax-deductible. Submissions: Articles, letters to the editor, calendar events and other items should be mailed to the editor or faxed to (617) 482-2316.

Subscriptions: \$30/year (3rd class mail); \$60/year (1st class mail). Direct requests to Anh Nguyen, Ext. 206.

Advertising: \$10 per column inch; \$160 per quarter page; \$290 per half page. Surcharges apply for translation and/or typesetting. Discounts are available for long-term advertisers.



SAMPAN INTERVIEW Local Asian American Attends RNC

By Adam Smith

Joe Wong, president of Asian Republicans of Massachusetts, was a delegate at the Republican National Convention in New York City. The Sampan spoke about the RNC with Wong, who is now recovering from the week-long event in the Big Apple.

How did you get the opportunity to attend the RNC?

I'm an active member of the Needham Republican Town Committee, and the [committee] is a part of the ninth Congressional District, which is made up of a couple of dozen cities and towns. The committee held a "mini-convention" in May to nominate and elect delegates. Someone nominated me because of the work that I had been doing in trying to recruit new Republicans into the party, especially from the Asian American community.

So what did you do as a delegate?

Being a delegate is like a full-time job. At 8:30 every morning we had a meeting to be briefed and to get our credentials. We would talk about anything that may come up. For example, a lot of delegates felt that the press was waiting for them to trip up, so they would discuss what was being asked of them by the press and how other delegates answered the questions. During the daytime, we attended conferences and receptions. Then the convention always started at 7:30 in the evening and ended at 11:30 p.m. So by the time we got back to our hotels, it's almost 12:30 a.m., but there were also parties and receptions after the convention. For example, I attended an event hosted by (Arizona Senator) John McCain and former (New York City) Mayor Giuliani, and I didn't get back until 4:30 a.m. and then there was the 8:30 a.m. meeting that I had to be at.

I'm still recovering

CONTINUED PAGE 4

Study Finds That More Asians Rent Than Own

By Adam Smith

Asian Americans are more likely to rent their homes and less likely to buy than the total population of the United States, according to preliminary results of an upcoming study.

A total of 47% of Asian households rent their homes while only 34% of the general population rents, and Asian American homeownership rates lag by 20% when compared to non-Hispanic whites, according to early results of the study, which was commissioned by the Asian Real Estate Association of America in partnership with the Asian American Studies Center at the University of California in Los Angeles. The full study is due out this fall.

The preliminary data, which was also reported locally in the Aug. 23 issue of Banker and Tradesman, contrasts with the Asian American population's dramatic growth in recent years. Asian Americans remain the fastest growing racial population in the U.S., making up 4.5% of the total U.S. population.

The preliminary data

dispels "the model minority myth," said Oscar Gonzales, executive director of the Texas-based Asian Real Estate Association of America.

"It just confirms that while they're viewed as a model minority, there are challenges there too. There are a lot of Asians who don't own their own homes. They don't have cash to put down [on a house] because a lot of them are working class people, just like everybody else."

According to Gonzales, many money lenders and real estate brokers "don't seem to think that there is any issues or problems" when it comes to Asian home buyers because as a whole, Asians have higher median incomes and home ownership rates than other minority groups.

"But what they fail to see is that a lot of those numbers are misconstrued. They're not accurate," said Gonzales, who maintains that the Census numbers tend to be skewed. For example, he said, a Census survey might ask several Asian families who live in the same house if each family owns a home, and each will answer "yes,"

even though the "Asian families live in the same home, so the numbers are a little misrepresentative."

Additionally, said Gonzales, Asian families tend to "pool their money together" when home buying. "It would be the income of three working individuals, not just one."

The early results of the study also show that 84% of Asians who do own their homes are tied to some sort of debt, such as a mortgage or a contract-to-purchase, while only 70% of the general population has a mortgage or similar debt.

"People will say 'Asians pay cash for their house,'" said Gonzales. "Well, not necessarily." He noted that Asians tend to live in cities where housing is expensive, such as San Francisco, New York and Boston.

Unlike the trends of home ownership rates of other minorities, the trend for Asians is that things will actually get worse. Fewer Asians, according to Gonzales, will own their own homes by 2020, though more Hispanics and Africans will.

"Part of that is because of the quality of the immi-

Renters: Asians Compared to Total Population



Staff Graphic/Source: Asian Real Estate Association of America

grant that's coming in," he said, adding that more refugees and poor immigrants, who take low paying, low-skill jobs, are entering the country.

"The new Asian immigrant is not the high, \$75,000-median-income earner. In fact, it's significantly lower. So, what you're going to see is that home ownership rates [will] start to drop."

Locally, a study by the

Institute of Asian American Studies at the University of Massachusetts in Boston shows that home ownership among Asians in Massachusetts also lags behind the total population of the state. Michael Liu of the institute said that the preliminary study results by the Asian Real Estate Association of America

CONTINUED PAGE 5

BRA

PUBLIC MEETING

The Boston Redevelopment Authority will host a public meeting regarding the

Hayward Place Development Project

Site bounded by Washington Street, Hayward Place, Harrison Avenue and Avenue de Lafayette, Boston, MA

**Tuesday, September 21, 2004
6:30 PM**

Hyatt Regency Hotel

Financial District Boston
One Avenue de Lafayette, Boston, MA 02111

The project consists of a new mixed-use building containing up to 40,000 square feet of retail space, up to 333,000 square feet of office space and a two-level underground garage with 153 parking spaces.

Copies of the Project Notification Form filed with the Boston Redevelopment Authority (BRA) pursuant to Article 80 of the Boston Zoning Code may be viewed at:

The Office of the Secretary of the BRA
9th Floor, Boston City Hall, Monday-Friday 9am-5pm

Public comments should be submitted to David Hanifin at the BRA
One City Hall Square, Boston, MA 02201 by September 30, 2004

*An Impact Advisory Group (IAG) has been appointed in relation to the Hayward Place project. For further information, contact David Hanifin at 617.918.4303

Harry Collings
Executive Director/Secretary

Boston
Redevelopment
Authority



City Hall 9th Floor
1 City Hall Square
Boston, MA 02201
617.722.4300

**Northeastern
UNIVERSITY**
Higher Learning. Richer Experience.

Associate Director of Alumni/Alumnae Relations

The Associate Director of Alumni/ae Relations organizes and manages all alumni/ae programming and events for the more than 5,000 graduates of the School of Law. S/he is the staff liaison between the alumni/ae base and all law school departments (i.e., career services, admissions, co-op, faculty, etc.), ensuring that there is a unified strategy and understanding of the independent interactions all offices have with alumni/ae. The Associate Director has primary responsibility for coordinating and supervising the class reunion effort, local and regional alumni/ae events and outreach programs, and serves as the school liaison to the board of directors of the alumni/ae association. The Associate Director also recruits, motivates and directs alumni/ae volunteer leaders throughout the country. This position may also assist with some event planning/coordination of special law school events. As a member of a team functioning within the law school, as well as being part of a large university-wide advancement operation, the Associate Director needs to possess high initiative, creativity, and a demonstrated ability to work with a diverse mix of individuals and constituencies, both internal and external to the university.

Send resume and cover letter to Janis Galligan,
360 Huntington Ave., 120 KN, Boston, MA 02115.
Or via e-mail to J.Galligan@neu.edu

We are an Equal Opportunity/Affirmative Action, Title IX, educational institution and employer. Go to www.neu.edu/hrm for more information.

**TOWN OF HUDSON
AFFORDABLE HOUSING LOTTERY
NOVEMBER 23, 2004
KNOTT'S CLEARING
(8 TOWN HOUSES)**

SALES PRICE \$165,000

APPLICATIONS AND INFORMATION AVAILABLE
FOR FIRST TIME HOMEBUYERS

AUGUST 25, 2004

PICK UP ONLY AT:
HUDSON TOWN HALL
TOWN CLERK'S OFFICE
78 MAIN STREET

APPLICATIONS MUST BE FILED BY
NOVEMBER 5, 2004

HUDSON TOWN HALL
ATTN: TOWN CLERK
78 MAIN STREET

WORKSHOP TO BE HELD AT:
HUDSON TOWN HALL AUDITORIUM
SEPTEMBER 28, 2004
7:00 PM

Asian American Resource Workshop Introduces New Executive Director

By Yuet Ng

The Asian American Resource Workshop (AARW) introduced its new director on September 9 at a party at the Cassava Lounge in Boston. Members of the organization as well as non-members got the chance to meet the new director, Ching-In Chen, for the first time in an informal setting in the rear of the tea lounge.

The AARW is a membership organization that seeks to promote community, identity, and social justice through education, advocacy, and arts and culture. Major programs held throughout the year include the Annual Boston Asian American Film Festival, which showcases the work of national and international Asian filmmakers; Eating History, a political education program; and The Sticky Rice Project, which provides interactive antiracist education workshops.

Susan Chinsen, co-president of AARW, who had a direct influence on the hiring of both the previous director, Eun-Joung Lee, and the new director, Chen, said that Lee vacated the position to attend graduate school. Chinsen chose Chen for the position because "she's really active, conscientious [and] passionate about her work...and everyone had



Chen meets and greets at AARW open house

Photo by Yuet Ng

great reviews about her." She added: "[Chen] has totally hit the ground running...she's had to fill huge shoes."

Chinsen introduced Chen to the crowd at the open house. Chen, who grew up in the North Shore area, described how she became involved in Asian American activism when she joined YouthWrites, an anti-violence program for Asian American youths, in the early '90s. "I wouldn't be where I am right now if it hadn't been for

YouthWrites. It helped set me on the path to social justice. I strongly believe in activism. I believe education is a good way for people to learn about the community."

Chen, who writes poetry, read her works to the crowd.

Jana Reed, a member of AARW for three years, said of Chen: "The new director has clarity and vision and my hope is that she will continue to bring together Asian Americans."

Upcoming AARW

events include the Sticky Rice workshop at the Boston Asian Students Intercollegiate (BASIC) Conference on October 2, poetry reading with Kelly Tsai on October 8, and the AARW 25th Anniversary Celebration on October 16 at the Artists for Humanity's EpiCenter, which highlights a reception, silent auction, live and multimedia performances, and interviews from several committee members.



At the RNC: Joe Wong (right) with guest Yoke Wong (left) also of Asian Republicans of Massachusetts

Interview With Joe Wong, RNC Delegate

FROM PAGE 3

from the convention. It's actually very physical -- as much physical as emotional. It was work.

Besides the hard work, what did you think of the actual event?

It was the experience of a life time. It was very inspiring. You know how at school there are always some kids who are not part of the "in crowd" and finally they get invited to the big dance? It felt like that (chuckles).

Who do you think gave the best speech?

Gee, it's hard to say. They were all good. McCain's speech was very statesman-like. If I was in his position, that's how I would want to speak. And Giuliani is Giuliani -- he gets his points across but in the process he entertains, he makes you laugh, he makes you think, and he makes you feel. And then Arnold Schwarzenegger, he's just incomparable. His speech was about how in America an ordinary man who has a big dream can see it come true. He was [also] stressing the importance of immigrants to this country and how the Republican Party has embraced diversity. He's just so charming. But at the same time, I was especially proud of our governor and lieutenant governor. The fact that they were invited to speak reflects their rising national profiles.

Some people feel that the Democratic party has been more successful at recruiting minorities. What do you think about that?

That's just it. That's a problem. They're taking their success for granted. The Democratic Party, right now,

is so layered that political access is brokered. I'm not afraid to say that in the [local] Chinese community that most Chinese are Democrats, but yet only [a couple of] people have all the political access. [But] the Republican party is offering everybody the opportunity to own a piece of the franchise, directly. I'm Joe Wong, president of Asian Republicans of Massachusetts, but that does not mean that [others cannot] also be prominent. All they have to do is just participate, and they will have as much access as I do. Right now, the Democratic party seems to have a lot of success with minorities, but it's not as good as you think. It's brokered. Why go to a broker, when you can own a piece of the franchise directly?

What is the Asian Republicans of Massachusetts doing to try to recruit more members?

Well, Greer Tan Swiston [who is running for State Representative in Newton], her campaign is already exciting and bringing us to the attention of a lot of people. That's one way. We also are trying to work closely with Republicans in the Vietnamese community and Republicans in the Cambodian community in Lowell. And on top of that, we have also been meeting with members of new immigrant communities, like the Russian community, the Ethiopian community, to explain to them what we are all about.

Photos provided by Joe Wong and Yoke Wong.

AARW'S New Director, Ching-In Chen

FROM PAGE 1

involved in social work, community organizing, and promoting poetry performances. Now she will direct the 25-year-old Chinatown non-profit, working with volunteers, interns and directors to maintain and expand programming as well as help increase funding. The Asian American Resource Workshop, or AARW, works to empower the Asian Pacific American community and document the histories and experiences of Asian Americans.

While Chen's role at AARW is new, her involvement with the non-

profit isn't. As a teen during the mid-1990s, she was involved with AARW's "SafetyNet" program, YouthWrites.

"I have a love for this organization because I don't think I would be where I am now if I hadn't gone to YouthWrites," she said.

Chen more or less stumbled upon the program while in high school, she said, after a guidance counselor introduced her to the Asian youth group CAPAY.

CAPAY, she said: "was really my first introduction to anything Asian and Asian American, because I

had never really thought of myself as Asian American. I had just thought of myself as American or Chinese, either or."

According to Chen, her high school had only about five Asian American students.

Chen attended Tufts University and in 1999 graduated with a bachelor of arts in International Relations and English. After college, she joined Americorps., which took her through the Midwest, tutoring in reading and literacy and working with at-risk young women. Next she moved to California, where she worked at Chinese for Affirmative Action, which promotes equal employment opportunities for Chinese Americans.

While in the Bay Area, Chen became active in poetry and performing arts, organizing a monthly open mic night for Asian Americans, called "Mango Mic."

This summer she returned to Boston and took on her new position at AARW. She said she's noticed many of the same struggles are faced by

Asians in California and in Boston.

"I feel like a lot of the issues here are a lot like [what I was working on] in the Bay Area. So I definitely feel very connected," she said.

At AARW, Chen said, she hopes to focus more on community activism and combine it with arts programs.

"I would like to keep our arts and culture education programming. But I would also like to move it back a little bit to [include] more activism," she said.

Additionally, Chen hopes AARW can start "movement building" in which different groups with the same goals network and collaborate to rally around common issues.

She said she feels that segments of the Asian American population disproportionately face difficulties finding housing and good jobs and other such opportunities.

"I think that my goal is to really work to ensure that our voice is heard and to really fight to make some of these things better."

Office Manager for Oficina Hispana

Oficina Hispana, an education and job skills training program, seeks as experienced, bilingual Office Manager to manage all administrative responsibilities for the organization. Must be bilingual, have excellent computer and interpersonal skills, and be able to work independently.

Send resume and cover letter to:

Elena David, Human Resources Manager,
Urban Edge, 2010 Columbus Avenue, Roxbury, MA 02119;
e-mail: edavid@urbanedge.org or fax number: 617-522-5584.

URBAN EDGE

United Way

NeighborWorks
CHARTERED MEMBER

PART TIME ACCOUNTS RECEIVABLES

Seeks independent, collaborative and strong organized person responsible for invoicing, collection calls, monitor payment, M/E stmt & analysis. Req 5+ yrs exp in A/R. Send resume to: Malden YMCA, 83 Pleasant St. Malden, MA 02148. 781-324-7680 (T), 781-324-7856 (F)

Housing Study Shows More Asians Are Renters

FROM PAGE 3

come as no surprise. "Even though Asian American homeownership rates are higher relative to African Americans and Latinos, they are lower than whites. And since [whites] still constitute the great majority in this country, Asian American homeownership rates would be lower than the general population," said Liu.

A recently released study by the Institute for Asian American Studies shows that the rate of home ownership among Asians in Massachusetts hovers around 40% while the rate for the total population in the state is above 60%.

One reason for the lower home ownership rates, said Liu, is that the Asian American popula-

tion tends to be younger than the white population. "Just a small percentage of them have reached the age where they can save enough money to own homes," he said.

Another contributing factor, said Liu, is that a segment of the Asian population is made up of new immigrants, who are less established. "If you're coming [in] as the traditional image of an immigrant, which there's still a certain population that comes in like that...then you obviously have to work many years and be able to save to buy a house." However, Liu noted that some Asian immigrants are educated and wealthy professionals.

Another reason why fewer Asians buy homes than whites in

Massachusetts, said Liu, is because they tend to live in urban areas where housing prices are higher.

In the study by the institute, home ownership rates are broken down by subgroup, showing that some Asian populations are more likely to own a home than others. For example, the Chinese are more likely to own a home in Massachusetts than other Asian subgroups. Yet Japanese are the least likely to own a home in Massachusetts, the study shows. Liu suspects this is

because many Japanese living in the area are likely international students.

"That population would not be inclined to buy a home," he said.

As for the high rate of Chinese who buy homes, Liu said that Chinese have the "oldest population" of the Asian subgroups. "If you look at the elderly population, the Chinese are the only [subgroup] to have a significant percentage that's over 65," he said. "You have to be a certain age before you can think about buying a home."

Though Asians are less likely to own a home in Massachusetts, they are more likely to pay high rents. While the median gross monthly rent for all of the Bay State's renters is \$684, while the median rent for Asians is \$839. Cambodians pay the least of all Asians, with a median rent of \$602, while Japanese pay the most, \$1,069. Chinese pay a median gross rent of \$781.

City's New Bostonians Day Sept. 22

New Bostonians Day is Sept. 22, noon to 5 p.m. at City Hall. The free event will include immigration clinics, multilingual tours of City Hall, voting information, the chance to meet service providers, food, performances, and more.

-A.S.

Median Gross Rent by Race and Latino Origin



Staff Graphic

Source: Institute for Asian American Studies



Winn Residential

MAINTENANCE MECHANIC 維修技術員

FT Maintenance Mechanic for large apartment complex in Charlestown. Must have 3 years exp in plumbing and general repairs. Position requires shared on-call; reliable transportation required. Not live-in. Good starting pay and benefits. Great growth potential in large national firm. Fax resume to (617) 242-2402 or send to Manager; 10 Old Ironsides Way, Charlestown 02129.

Equal Opportunity Employer



Shape Your Future.

CAREERS @ WELLESLEY COLLEGE

ASSOCIATE DIRECTOR
CENTER FOR WORK AND SERVICE
ASSISTANT VISUAL RESOURCE CURATOR
ART DEPARTMENT
RESEARCH ASSISTANT
CHEMISTRY
RESEARCH ADMINISTRATOR
STONE CENTER
ASSISTANT TO THE DIRECTORS OF
INTERNSHIPS AND SERVICE LEARNING/
STIPEND PROGRAMS
CENTER FOR WORK AND SERVICE

If interested, send cover letter and resume to: Human Resources Office, Job Code: SP092004, Wellesley College, 106 Central Street, Wellesley, MA 02481; or to apply online, please use the following link: <http://careers.wellesley.edu/wellesley/jobboard>.

Wellesley College is an Equal Opportunity/Affirmative Action institution and employer. Successful candidates must be able to work effectively in a culturally diverse environment. Applications from women, minorities, veterans and candidates with disabilities are encouraged.

Visit our website at www.wellesley.edu/HR/

HARBOR HEALTH SERVICES

Harbor Health Services, Inc., is a nonprofit community health organization whose mission is to ensure quality comprehensive health care to all clients regardless of ability to pay. We are currently seeking the following professionals to join our team:

QUALITY IMPROVEMENT COORDINATOR FOR CENTRAL SUPPORT

Assists Director of Operations in continuous quality improvement of Front Desk operational processes, ensures Front Desk procedures promote optimal patient flow while attaining quality improvement and operational goals using analytical strategies and tools.

Qualifications: Bachelor's Degree required, 3-5 yrs. exp. in community health/professional environment, knowledge of third party reimbursement incl. State/Private & other health insurance programs, exp. w/System Analysis, QI & data collection. Bilingual English/Spanish preferred.

BEHAVIORAL HEALTH PROVIDER/LICSW

Fee for Service up to 20 hours. Provides substance abuse treatment and psychotherapy to a diverse population of Behavioral Health patients.

Qualifications: Current LICSW, Ph.D., Psy.D. Ed., 2 yrs. exp. providing therapy in individual, family and/or group modalities.

VIETNAMESE COMMUNITY RELATIONS REPRESENTATIVE

30 hrs wkly. Develop/maintain Marketing Outreach Plan including needs assessment to communities, develop/implement plan to establish an active, coordinated referral network and collaborative among community, health and civic organizations in the communities served by Harbor Health Services, and assisting with insurance enrollment.

Qualifications: HS Dipl/GED, 3 yrs. exp. in a professional setting, with 1 yr. in marketing, sales, customer service or community organizing, communication skills, oral/written fluency in English/Vietnamese, knowledge of community resources, computer literate, Bachelor's in Business Administration or Public Health Preferred.

NURSE PRACTITIONER WOMEN'S HEALTH

In collaboration with Physician, provides comprehensive outpatient care for adolescents and adult women in the area of reproductive health offering pre-natal, postpartum and family planning services to women.

Qualifications: Current MA Lic for RN in the expanded role, Certification eligible as a Family, Ob/Gyn/Women's Health NP or Certified Nurse Midwife.

HOME MEDICAL CARE NURSE PRACTITIONER/ MANAGER

Develop, implement and expand the Home Medical Care Program. Duties include but are not limited to providing primary care to patients in their residence, develop marketing, expanding the House Calls client base, developing and managing a business plan, budget, and staff.

Qualifications: Current NP or PA Lic, 1-3 yrs. exp. in community health, exp. w/fiscal management, marketing and working with socioeconomic and culturally diverse populations preferred.

CLINICAL NURSE MANAGER

Coordinates the day-to-day flow of patient care within department, recommends, implements/ problem-solves activities regarding operational issues, supervises, develops and directs department staff, assists with hiring, training staff, scheduling clinical and support staff, developing policies and budgets.

Qualifications: Current MA RN license, 3 yrs. exp. in clinical nursing, ambulatory nursing/supervisory experience preferred.

PATIENT ACCESS REPRESENTATIVE

Bilingual Vietnamese/English

Assist patients/providers to ensure efficient patient flow including answering phones, verifying/scheduling appointments, demographic and insurance data.

Qualifications: HS Dipl/GED, understanding of medical terminology, basic computer literacy, excellent customer service and organizational skills.

PT FINANCIAL COUNSELOR

Bilingual Vietnamese/English

Provide patients with info & education regarding their current medical insurance or enabling them to obtain medical insurance coverage, provide advocacy for the patients during the application process, assist w/completing/processing of insurance applications and related paperwork.

Qualifications: HS Dipl/GED, excellent communication, data entry and organizational skills, computer literate, third-party billing exp. strongly preferred.

Interested candidates, please forward your resume to: Harbor Health Services, Inc., 398 Neponset Ave., Dorchester, MA 02122, Attn: Human Resources; Fax: (617) 282-7928 or email to: jtranford@harborhealthinc.org Equal Opportunity Employer



Attention

Boston Connects, Inc.
Issues a Request for Proposal for
Child Care Quality Improvement Grants

Child Care programs and Family Child Care Providers located in Boston's Empowerment Zone, serving children from birth to five years old are eligible to apply. To determine if your program is in the Empowerment Zone, visit www.BostonEZ.org.

Grants range from \$1,000. to \$4,000. to improve the quality of programs in four specific areas: Accreditation, Staff Training, Parent Engagement and Moveable Equipment.

Two General Information Sessions will be held on Saturday September 25, 2004 and on Thursday September 30th from 10:00 to 11:00AM at Boston Connects Inc. office, 2201 Washington Street Suite 302, Roxbury MA. Please call 617-541-2670 to reserve a seat. Please specify which information session you will attend.

The RFP will be available at the Boston Connects office on Monday September 13th.

For more information call Sherry O'Brien at 617-541-2676 or Sherry.O'Brien.BCI@ci.boston.ma.us

Responses to this RFP are due at our office by 5:00PM on Monday October 18, 2004.



Thomas M. Menino, Mayor
City of Boston

2201 Washington Street, Boston, MA 02119
Phone 617-541-2670 • Fax 617-427-0747 • www.bostonEZ.org

A 501(c) 3 Not-For-Profit Community Organization in Partnership with the City of Boston

AACA President Receives Internal Channel Award

Mary Chin, president of the Asian American Civic Association, received the International Channel Networks' "Vision in America" award.

The International Channel gave Chin the award on September 13 at a celebration at the Boston Harbor Hotel, which included a screening of "In America -- The Cupertino Story," a documentary to be aired this month and next.

Chin, a licensed social worker for 25 years, is the director of social work, the clinic director of outpatient behavioral health services, and director of pastoral



Mary Chin of the Asian American Civic Association

care at Boston Medical Center, where she has worked for 18 years.

Chin, who is the president of AACA's board of directors, has worked with the Chinatown non-profit

for two decades. AACA assists immigrants with counseling, English education, immigration help and job skills training. It also publishes the Sampan.

Chinatown Park Cuts Opposed

FROM PAGE 1

tention.

The major reason for controversy is that several key features of the park have been quietly slashed this summer, as reported earlier in the Sampan. A splash fountain was reduced to a misting fountain; several towering pylons with flags were replaced with light posts, and a structure representing a giant lantern was cut. Stephanie Fan and Dave Seeley, leaders of a city advisory committee for the park, argue that the cuts and reductions are due to bad budgeting by the park's provider, the Massachusetts Turnpike Authority. Members of the Turnpike Authority and its contracted design team, Carol R. Johnson and Associates, however, claim that the changes are due to preference and practicality, not dollars.

Adding to the unease over the new plans for a trimmed down park, Carol R. Johnson and Associates announced at this week's meeting that parts of the park will be rearranged to make room for several manholes that weren't originally planned for the park. According to the Turnpike Authority, utility and steam lines currently run under the park's pro-

posed site. These lines are "immovable," according to Bill Taylor of Carol R. Johnson and Associates, and the manholes would require the relocation of the park's fountain that was planned near Edinboro Street. The need to place manholes on the park was never discussed during previous design meetings with the public.

Defending the switch from a fountain with splashing or re-circulating water to a misting fountain, Taylor said it would provide "truly a fun spray of water" in which park patrons wouldn't get "drenched" as they could in a splash fountain. Additionally, he said, a misting fountain was more "culturally relevant" whereas splash fountains were based on French and Italian designs.

"I couldn't imagine seeing a fountain with jets and thinking that it's Italian," said Seeley, a Leather District resident. Original designs for the park included a traditional splash fountain, not a misting one. Seeley and Fan contend that the reason the splash fountain was replaced was because of poor budgeting. They maintained that the original fountain was to be a central attraction and argued that it would pro-

vide a place for children to play and would create splashing sounds that would drown out traffic and other city noise.

Several area residents said they also preferred a fountain.

"I would like the original fountain. I don't like the misting fountain," said Rosemary Yee Lam, a Chinatown business owner.

Taylor's reasons to support the misting fountain contrasted with reasoning given earlier in the summer by E. Fred Yalouris of the Turnpike Authority. Yalouris had said that "people...were really against the fountain" and that customers of nearby businesses could get sprayed by it if there was just "a little change of wind."

As for the pylons, Taylor claimed that they had no function, would be visually distracting, and

Dragons at Boston's Arts Fest



A child tries out a dragon costume at the Boston Arts Festival on Sept. 12.

Photo by Yuet Ng

would hide the Chinatown gate. "There are so many different vertical [structures]," he said. "It's almost as if we've conspired to hide the Chinatown gate."

Fan and Seeley, however, said the reason the pylons were cut was because of a lack of funding. The towering pylons with flags, they said, would provide welcoming markers to Chinatown.

Yalouris had defended dropping the pylons at a meeting earlier this summer, saying that "a lot of people did not like them."

A number of area residents appeared to support the pylons, however, saying that they would add color in the grey winter

months when the park's greens turn to drab browns.

The lantern that was slashed from the proposal would have covered a highway structure, allowing drivers of the Central Artery Tunnel an emergency escape. Without the lantern, the escape structure interrupts the park, said Fan and Seeley.

Chinatown's proposed park, which is a little under an acre in size, is one of three so-called "signature" parks that will be constructed on surface parcels created as seg-

ments of I-93 go underground in highway tunnels. The other two parks, which are several times larger, are in the Wharf District and the North End. After showing images of larger parks with giant splashing fountains proposed for the North End and the Wharf District, Seeley said the reductions to the Chinatown park downgrade it from an "extraordinary signature" park to just a "nice" park.

"We don't want to be a poor cousin" to the other two parks, added Fan. "We want to be a baby sister."

ROXBURY TENANTS OF HARVARD Notice of Partial Waitlist Closing

RTH Management is closing the Restoration Housing waitlist for one, two and three bedroom non-accessible apartments. We will continue to accept applications for two and three bedroom accessible apartments. We will close the four bedroom non-accessible apartment waitlist on September 17, 2004.

For application or information call 617 232-5910.



Peoplelink staffing solutions

Peoplelink Staffing Solutions is currently recruiting for the following positions:

Housekeeping Supervisors

Filling positions for a world-class resort hotel in Southeastern CT. Must have supervisory experience and the ability to communicate in Mandarin Chinese. Full-time. First Shift.

Please contact Tim Murphy.

Phone # 860.885.1445

Fax# 860.885.0445

tmurphy@peoplelinkstaffing.com

CAMBRIDGE FRIENDS SCHOOL

2004-2005 Academic Year

CFS, a Quaker school enrolling 269 students in grades PK-8, which stresses connections between academic excellence and anti-racism and anti-homophobia, is accepting applications for the following positions:

On-Call Substitute Teachers

Needed for all grade levels, all subjects. \$13 per hour.

Send résumé and letter which specifies position sought to:

Jami Reeve, Cambridge Friends School

5 Cadbury Road, Cambridge, MA 02140

Fax: 617-876-1815 No Phone Calls Please

Equal Opportunity/Affirmative Action Employer

www.bhcc.mass.edu

BUNKER HILL COMMUNITY COLLEGE
Learning for the Real World

TECHNICAL ASSISTANT III (Part-Time) Audio/Visual Department

Responsibilities:

Maintains and repairs audio/visual equipment for the college and for the Media Technology Program. Assists Media Technology students in the use of all media equipment and studios. Orders parts for repair and recommends equipment for upgrades.

Qualifications:

Requires two years full-time or equivalent part-time experience maintaining and repairing digital video, sound, and display equipment. Good interpersonal skills and demonstrated ability to work as a team member in a diverse population. Associate's degree in a directly related field may be substituted for one year of the required experience.

Salary: \$15.77/hr @ \$315.33/wk @ \$16,397.16/yr

Shift: Monday-Friday 12:00noon-4:00pm

BOOKKEEPER II Payroll Department

Responsibilities:

Processes payroll on a bi-weekly basis through the State Payroll System (HRCMS). Maintains accurate records via spreadsheets and other records. Interacts with staff and employees. Calculates payroll estimates and distributes payroll checks/advice.

Qualifications:

Two years experience in bookkeeping or payroll required; Associate's degree preferred in accounting or business administration, which may be substituted for some of the required experience. Possess effective oral and written communication skills. Ability to maintain confidentiality and to work as a team member in a diverse population.

Salary: \$514.73/wk @ \$26,765.96/yr

Closing Date For Both Positions: September 21, 2004

To apply, submit a resume or an application form to: Bunker Hill Community College, Human Resources, 250 New Rutherford Ave, Boston, MA 02129-2925; E-mail: bhccresumes@bhcc.mass.edu; Fax: (617) 228-3328.

Bunker Hill Community College is an Affirmative Action/Equal Opportunity Employer. Women, people of color, persons with disabilities and others are strongly encouraged to apply.

Gaiety Controversy

FROM PAGE 1

for asbestos abatement.

Once theater preservationists hoping to save the building discovered several missing windows in late August, they called on Inspectional Services to investigate the work at the theater, spurring the department to slap the building with a stop work order, which still remains posted.

Though the department said it has halted further work at the building, it has not yet declared if Kensington violated any laws by removing the windows or flashing. The department, however, did issue a citing for "unsafe maintenance," because the windows were left removed and open, leaving the building open to trespassers and weather, according to John Dorsey, Inspectional Service's assistant director for policy and communication.

The Gaiety's owner, Kensington Investment Co., which plans to build a 30-story apartment tower where the Gaiety now stands, declined to comment.

Preservationists' had feared that Kensington

was secretly attempting to destroy the historic theater by leaving it open, unsealed and vulnerable to water damage. Dorsey said that the preservationists' fears are "completely unfounded." But Kensington has not yet applied for a demolition permit, which is required to demolish the theatre, and some observers question why Inspectional Services would issue a stop work order and not say if violations occurred.

The stop work order for the window and flashing removal was issued on Sept. 1. On September 7, Inspectional Services spokeswoman Lisa Timberlake told the Sampan that all weather-proofing was to be completed before a predicted rainstorm the next day, but no work started until September 8, after heavy showers had already begun drenching the city.

"It's raining and they had a week to do it," said Shirley Kressel, vice president of the Alliance of Boston Neighborhoods, as she stood outside the Gaiety. "They're demolishing it [by exposing it to rain]," she said.

There appears to be

some confusion surrounding what Kensington would need to do to continue removing windows from the theater. Last week Dorsey said Kensington would either need to apply for a full-demolition permit or receive permission from the Massachusetts Historical Commission and Boston Landmarks Commission. Kensington wrote to the two commissions on September 3 requesting their directors allow work on the Gaiety to continue. Kressel, however, claimed that neither of the commissions have any authority over the issue, and that it should be in the hands of Inspectional Services. A spokeswoman for the Boston Redevelopment Authority, speaking on behalf of the Landmarks Commission, confirmed on Wednesday that the commission wouldn't have a say in the window removal, and on Thursday Dorsey said he would "defer" to what the BRA spokeswoman had said.

"There's confusion about the process here," said Kressel. "And if there's confusion, the laws may not be upheld. I just



Old photo of the Gaiety on its opening night in 1908.

From GaietyBoston.com

hope the laws get obeyed because the laws protect the theatre."

Kensington has said it can move forward with demolition of the Gaiety after obtaining a demolition permit, but theater preservationists say the developer hasn't met all requirements needed to take down the theater. They claim that a clause in the zoning governing the district where the theater is located would block Kensington's plans to raze the Gaiety. The clause states that the Inspectional Services Department "shall

not issue a change of use or occupancy permit for any theater within the Midtown Cultural District Plan," except under certain conditions. The Gaiety is included in the Midtown Cultural District Plan.

Kensington has claimed that the clause does not apply to the Gaiety because the use of the theater had been changed, though preservationists dispute this claim.

Kensington faces lawsuits attempting to prevent the construction of its proposed building. A coalition of neighborhood groups

and Boston City Councilors are challenging the city's granting of a zoning designation that will allow Kensington to build 30 stories. The Glass Slipper, which is on the site of the proposed building and would be displaced by the tower, is also suing to block the project.

A group of theater preservationists, known as the Friends of the Gaiety Theatre, has hoped to stop the planned demolition of the Gaiety, which is not a landmarked building, and have it restored.

RANDOM RESTAURANT REVIEW

A Victorious Lunch: Victoria's Seafood

By Dennis The

Victoria's Seafood Restaurant has become Brighton's prominent Chinese restaurant, with patrons consisting of hordes of Boston University students, young professionals, and families. Though Victoria Seafood is located on busy Commonwealth Ave., its bustling location and difficult parking has not deterred many from frequenting the busy Chinese restaurant. Victoria's prices are cheap and the food is good and worth the wait.

Step into Victoria's recently renovated dining room and you will find that the interior is bigger than it looks. Victoria Seafood looks like a gener-

ic Chinese restaurant: storefront, glass on top of cheap tablecloths, drink coolers, large circular tables in back and booths for more comfortable sitting.

Frog porridge (\$6.00), deep-fried crispy pork intestine (\$8.50), beef with black pepper on sizzling platter (\$9.95), jellyfish with pork thigh meat (\$8.95), poached chicken with ginger and scallions (\$8.50) and roast duck (\$8.95) — these are just some of the 247 appetizers and entrees (not counting the specials) on the menu at Victoria Seafood Restaurant. Much can also be said of the seafood variety that is available here. Canada clam with black bean sauce (\$9.50), seafood

in nest (\$11.95), soft shell crab in spicy salt, deep fried (\$9.95), stir fried rock crab with ginger and scallions (\$8.95), oysters with black pepper on sizzling platter (\$9.95), steamed sea bass (\$8.00) and shrimp and scallop with black pepper (\$9.50) is among the fresh seafood served here — certain to get the palate working in overdrive. Chances are, you'll never order all of them, but, in a way, it's nice to know all those choices exist. Many Chinese restaurants will adjust to mainstream tastes, sacrificing the chef's favorite jellyfish for another variation of sweet-and-sour.

If you are really on a budget, or if you are just confused about what to

order for you and your party, it might be wise to try one of the set menus. Depending on the size of your party, there are set menus offered that usually include the classic favorites combined with lobster and a vegetable dish. The only drawback is that the set menu is in Chinese, so unless you can read traditional Chinese characters, you would have to ask for a translation. And keep in mind, that any item is interchangeable, for a small fee.

According to the owners, the most popular dish by far is the twin lobster special (\$12.95). Advertised in the front window along with the cheap lunch specials (popular with the local BU stu-

dents), which are priced from as little as \$4.25 which includes an appetizer, entree, and either rice, scallion lo mein, or soup, this banner is what grabs your attention at the "T" stop on Babcock Street. Available either with ginger and scallions or black pepper, the lobster arrives cut into deceptively simple pieces that can be difficult to maneuver. Although the meat tends to be thinly coated with starch, the sauce is subtly complimentary and the meat is done perfectly. It's a big, colorful dish, easily shared, which is what Chinese food is all about.

For dessert, complimentary slices of orange that arrive with the check are the best after-dinner

sweet that you would never think of ordering. The service is inconsistent but always friendly, making Victoria's the perfect place for a cheap Chinese lunch or an exotic seafood adventure.

There have been rumblings of a slow decline in the quality of Victoria's food over the years. I also think the food used to be better and more consistent. But, that said, Victoria's is still an excellent value.

Victoria's Seafood Restaurant, 1029 Commonwealth Ave., Boston

Open Daily: 11 a.m. to 1 a.m.

Events Calendar

FILM

Boston's Asian American Independent Film Festival "Silk Screen" will show at MIT September 24-25. Included are feature films and guests from: "Close Call" and "Take Out" "Charlotte Sometimes. Also featuring: Chris Vu, Robin Lang, Sophia Moon, and the Francis Kim band. The location is Kirkland M41, 287 Kirkland Mail Center, Cambridge. Call (617) 493-2621.

CULTURAL

Kite and Cultural Festival 2004: "The East Meets the West" September 25 & 26 Pope John Paul Park Dorchester. For infor-

mation, call (617) 416-0012.

MUSIC & DANCE

Nepal: Two Views Exhibition

Now - October 1

Monday - Friday,

10 a.m. - 6 p.m.

Cambridge Multicultural Arts

Center

41 Second St., Cambridge.

For info, call (617) 577-1400 or go

to www.cmacus.org

ARTS

Carved By Nature: Untamed

Traditions in Chinese Decorative

Art

Now - June 22, 2005

Peabody Essex Museum

East India Square, Salem

Open daily 10 a.m. - 5 p.m.

www.pem.org

(978) 745-9500, (866) 745-1876

Adults \$13, Seniors \$11, Students

\$9

MISCELLANEOUS

Neiman Marcus Fashion

Fundraiser

Neiman Marcus Designer

Sportswear,

Copley Place, Boston

September 21, 12:30 p.m.

www.aaca-boston.org

The fashion event will help raise money for the Asian American

Civic Association, publisher of

the Sampan. Special guests

include celebrity chef Ming Tsai

and his wife, Polly. Tickets, \$75

each, can be reserved at (617)

426-9492, ext. 204.

New Bostonians Day

September 22

12 p.m. - 5 p.m.

City Hall Courtyard, Boston City

Hall. Event will offer free immi-

gration clinics, multilingual tours

of City Hall, resource tables, job

and career information, and busi-

ness development information.

Call the Mayor's Office of New

Bostonians at (617) 635-2980 or

go to

[www.cityofboston.gov/new-](http://www.cityofboston.gov/new-bostonians)

[bostonians](http://www.cityofboston.gov/new-bostonians).

ONGOING NEIGHBOR-

HOOD MEETINGS

The Chinatown Neighborhood

Council meets every third Monday of the month at 6 p.m. at Saint James the Greater Church in Chinatown.

The Chinatown Resident

Association meets every first Wednesday of the month at 6

p.m. at the Josiah Quincy School in Chinatown.

The Chinatown Safety

Committee meets every first Wednesday of the month at 10:30

a.m. in the DoubleTree Hotel in Chinatown.

Health Corner

Keep Your Heart Healthy: Take a Cholesterol Quiz

Article funded by the Asian Health Initiative of Tufts-New England Medical Center

By Diana Norian

September is National Cholesterol Education Month. This health topic is important to people of all ages and all ethnic backgrounds. One out of every two men and one out of every three women will develop heart disease sometime in their life, according to the National Institutes of Health's NHLBI (National Heart, Lung, and Blood Institute). You can reduce your risk of having a heart attack by lowering your cholesterol level.

Take this True/ False quiz to see what your cholesterol and heart disease knowledge is and take steps to improve your health, beginning today!

Circle each true or false. The answers follow.

T F 1. High blood cholesterol is one of the risk factors for heart disease that you can do something about.

T F 2. To lower your blood cholesterol level you must stop eating meat altogether.

T F 3. Any blood cholesterol level below 240 mg/dL is desirable for adults.

T F 4. Fish oil supplements are recommended to lower blood cholesterol.

T F 5. To lower your blood cholesterol level you should eat less saturated fat, total fat, and cholesterol, and lose weight if you are overweight.

T F 6. Saturated fats raise your

blood cholesterol level more than anything else in your diet.

T F 7. All vegetable oils help lower blood cholesterol levels.

T F 8. Lowering blood cholesterol levels can help people who have already had a heart attack.

T F 9. All children need to have their blood cholesterol levels checked.

T F 10. Women don't need to worry about high blood cholesterol and heart disease.

T F 11. Reading food labels can help you eat the heart healthy way.

Answers to the Cholesterol and Heart Disease I.Q. Quiz

1. True. High blood cholesterol is one of the risk factors for heart disease that a person can do something about. High blood pressure, cigarette smoking, diabetes, overweight, and physical inactivity are the others.

2. False. Although some red meat is high in saturated fat and cholesterol, which can raise your blood cholesterol, you do not need to stop eating it or any other single food. Red meat is an important source of protein, iron, and other vitamins and minerals.

You should, however, cut back on the amount of saturated fat and cholesterol that you eat. One way to do this is by choosing lean cuts of meat with the fat trimmed. Another way is to watch your portion sizes and eat no more than 6 ounces of meat a day. Six ounces is about the size of two decks of playing cards.

3. False. A total blood cholesterol level of under 200 mg/dL is

desirable and usually puts you at a lower risk for heart disease.

A blood cholesterol level of 240 mg/dL is high and increases your risk of heart disease. If your cholesterol level is high, your doctor will want to check your level of LDL-cholesterol ("bad" cholesterol). A HIGH level of LDL-cholesterol increases your risk of heart disease, as does a LOW level of HDL-cholesterol ("good" cholesterol). An HDL-cholesterol level below 35 mg/dL is considered a risk factor for heart disease. A total cholesterol level of 200-239 mg/dL is considered borderline-high and usually increases your risk for heart disease. All adults 20 years of age or older should have their blood cholesterol level checked at least once every 5 years.

4. False. Fish oils are a source of omega-3 fatty acids, which are a type of polyunsaturated fat. Fish oil supplements generally do not reduce blood cholesterol levels. Also, the effect of the long-term use of fish oil supplements is not known. However, fish is a good food choice because it is low in saturated fat.

5. True. Eating less fat, especially saturated fat, and cholesterol can lower your blood cholesterol level. Generally your blood cholesterol level should begin to drop a few weeks after you start on a cholesterol-lowering diet. How much your level drops depends on the amounts of saturated fat and cholesterol you used to eat, how high your blood cholesterol is, how much weight you lose if you are overweight, and how your body responds to the changes you make. Over time, you may reduce your blood cholesterol level by 10-50 mg/dL or even more.

6. True. Saturated fats raise your

blood cholesterol level more than anything else. So, the best way to reduce your cholesterol level is to cut back on the amount of saturated fats that you eat. These fats are found in largest amounts in animal products such as butter, cheese, whole milk, ice cream, cream, and fatty meats. They are also found in some vegetable oils--coconut, palm, and palm kernel oils.

7. False. Most vegetable oils--canola, corn, olive, safflower, soybean, and sunflower oils--contain mostly monounsaturated and polyunsaturated fats, which help lower blood cholesterol when used in place of saturated fats. However, a few vegetable oils--coconut, palm, and palm kernel oils--contain more saturated fat than unsaturated fat. A special kind of fat, called "trans fat," is formed when vegetable oil is hardened to become margarine or shortening, through a process called "hydrogenation." The harder the margarine or shortening, the more likely it is to contain more trans fat. Choose margarine containing liquid vegetable oil as the first ingredient. Just be sure to limit the total amount of any fats or oils, since even those that are unsaturated are rich sources of calories.

8. True. People who have had one heart attack are at much higher risk for a second attack. Reducing blood cholesterol levels can greatly slow down (and, in some people, even reverse) the buildup of cholesterol and fat in the wall of the coronary arteries and significantly reduce the chances of a second heart attack. If you have had a heart attack or have coronary disease, your LDL level should be around 100 mg/dL which is even lower than the recommended level of less than 130 mg/dL for the general population.

9. False. Children from "high risk"

families, in which a parent has high blood cholesterol (240 mg/dL or above) or in which a parent or grandparent has had heart disease at an early age (at 55 years or younger), should have their cholesterol levels tested. If a child from such a family has a cholesterol level that is high, it should be lowered under medical supervision, primarily with diet, to reduce the risk of developing heart disease as an adult. For most children, who are not from high-risk families, the best way to reduce the risk of adult heart disease is to follow a low saturated fat, low cholesterol eating pattern. All children over the age of 2 years and all adults should adopt a heart healthy eating pattern as a principal way of reducing coronary heart disease.

10. False. Blood cholesterol levels in both men and women begin to go up around age 20. Women before menopause have levels that are lower than men of the same age. After menopause, a women's LDL-cholesterol level goes up--and so her risk for heart disease increases. For both men and women, heart disease is the number one cause of death.

11. True. Food labels have been changed. Look on the nutrition label for the amount of saturated fat, total fat, cholesterol, and total calories in a serving of the product. Use this information to compare similar products. Also, look for the list of ingredients. Here, the ingredient in the greatest amount is first and the ingredient in the least amount is last. So to choose foods low in saturated fat or total fat, go easy on products that list fats or oil first, or that list many fat and oil ingredients.

Quiz provided by the National Cholesterol Education Program of The National Heart, Lung, and Blood Institute

Which of These Men Do You Prefer for President?



Don't Forget to Vote. November 2.

This is a friendly reminder from the Sampan.

美國2004年大選知多少

問：在2000年舉行的上屆總統選舉中，布希和高爾勝負難分。上次這種投票極其接近的情況會對2004年大選的戰術戰略產生什麼影響？

答：2000年總統選舉是在由最高法院以5票對4票決定終止在佛羅里達州重計選票後定出勝負的。2000年選舉結果的重要意義在於，它再次證實了一個最根本的現實：我們的國家的民主黨和共和黨勢力旗鼓相當，在每一個層次的民選政府以及在個體選民中，兩黨幾乎都是勢均力敵。

所以我認為，在戰略上，兩黨都會把2004年大選作為一場實力接近的選舉來對待。

兩黨都認識到動員本黨的核心支持者參加投票將會有多麼重要。雙方都會為動員選民投票做出巨大努力。我想人們將看到一種極有意思的轉變，即選舉資源將被從電視宣傳廣告更多地轉用到落實選民和動員投票方面，儘管仍然會有不少宣傳廣告。兩黨和各自的同盟利益集團將投入巨資，以動員擁護本黨的選民前往投票站投票。

民主黨很可能會利用其核心支持者對2000年佛羅里達州計票結果的不滿情緒，激發他們參加投票。但值得記住的是，在2003年的國會中期選舉中，共和黨在動員選民投票方面占了上風。他們對共和黨選民的動員比較成功，在很大程度上，這是他們取得中期選舉勝利的原因。

問：資金對總統競選的結果會有那麼大的作用嗎？

答：資金對有些選舉或在某些情況會下，會比對另一些選舉或在另一些情況下來得更重要。在競選聯邦眾議員、參議員和競選州長時，資金的作用極其重要，因為對大多數參選人來說，要讓選民了解自己，真正得到機會打破默默無聞的狀況，是需要大量資金的。在爭取贏得總統候選人提名的過程中，資金也很重要。在這個階段，多數候選人知名度相對較低，他們需要資金宣傳自己和自己的政綱，並且建立組織。在大選中，資金的重要性相對減小，因為到了這個重要的競爭階段，會有一定程度的「免費」的媒體關注，會有電視轉播的辯論。選民大多從自己的政黨傾向出發來審視候選人。不過，在實力接近的選舉中，資金仍然對能否爭取到微弱優勢而取勝起決定作用。

(下期繼續：作者：Paul Malamud)



- 1st Suffolk District: Anthony W. Petrucci, Democrat (unchallenged)
- 2nd Suffolk District: Eugene O'Flaherty, Democrat (incumbent) Kathryn Duggan, Democrat
- 3rd Suffolk District: Salvatore DiMasi, Democrat (unchallenged)
- 4th Suffolk District: Brian Wallace, Democrat (unchallenged)
- 5th Suffolk District: Marie St. Fleur, Democrat (unchallenged)
- 6th Suffolk District: Shirley Owens-Hicks, Democrat (unchallenged)
- 7th Suffolk District: Gloria Fox, Democrat (unchallenged)
- 8th Suffolk District: Richard Babson, Republican Kristine Glynn, Democrat Martha Walz, Democrat
- 9th Suffolk District: Byron Rushing, Democrat (unchallenged)
- 10th Suffolk District: Michael Rush, Democrat (unchallenged)
- 11th Suffolk District: Liz Malia, Democrat (unchallenged)
- 12th Suffolk District: Thomas Finneran, Democrat (unchallenged)
- 13th Suffolk District: Martin Walsh, Democrat (unchallenged)
- 14th Suffolk District: Angelo Seaccia, Democrat (incumbent) Camillo Giangrande, Republican Douglas Krick, Libertarian
- 15th Suffolk District: Jeffrey Sanchez, Democrat (unchallenged)
- 16th Suffolk District: Kathi-Anne Reinstein, Democrat (unchallenged)
- 17th Suffolk District: Kevin Honan, Democrat (unchallenged)
- 18th Suffolk District: Brian Golden, Democrat (unchallenged)
- 19th Suffolk District: Robert DeLeo, Democrat (incumbent) Stephen White, Republican

- 10th Middlesex District: Peter Koutoujian, Democrat (unchallenged)
- 11th Middlesex District: Kay Khan, Democrat (incumbent) Greer Swiston, Republican
- 12th Middlesex District: Ruth Balser, Democrat (unchallenged)
- 24th Middlesex District: Anne Paulsen, Democrat (incumbent) Kevin Cuddeback, Republican
- 25th Middlesex District: Alice Wolf, Democrat (incumbent) Carolina Johnson, Green
- 26th Middlesex District: Timothy Toomey, Democrat (incumbent) Avi Green, Democrat David Slavitt, Republican
- 27th Middlesex District: Pat Jehlen, Democrat (incumbent) Dane Baird, Republican

- 28th Middlesex District: Edward Connolly, Democrat (incumbent) Stephen Smith, Democrat
- 29th Middlesex District: Rachel Kaprielian, Democrat (unchallenged)
- 33rd Middlesex District: Christopher Fallon, Democrat (unchallenged)
- 34th Middlesex District: Vincent Ciampa, Democrat (incumbent) Carl Sciortino, Democrat
- 35th Middlesex District: Paul Donato, Democrat (incumbent)

- 1st Norfolk District: Bruce Ayers, Democrat (incumbent) Paul Meoni, Democrat Marco Sandonato, Republican
- 2nd Norfolk District: Arthur Tobin, Democrat (unchallenged)
- 3rd Norfolk District: Ronald Mariano, Democrat (unchallenged)
- 15th Norfolk District: Frank Smizik, Democrat (unchallenged)

This is a partial listing of the Massachusetts Representative Districts. For a full list, visit the Secretary of Commonwealth page at <http://www.sec.state.ma.us/ele/eleidx.htm>.

For more information about officials in your area, visit the Massachusetts Library Association at <http://cap-wiz.com/masslib/state/main/?state=MA>.

OTHER OFFICES UP FOR ELECTION:

REGISTRY OF DEEDS VACANCY
Norfolk County
William P. O'Donnell, Democrat
Anthony T. McDonnell, Democrat

SHERIFF
Middlesex County
James V. DiPaola, Democrat (incumbent)
Robert A. DeMoura, Democrat
Brian M. Gillis, Democrat
Norfolk County
Michael G. Bellotti, Democrat (unchallenged)
Suffolk County
Andrea Cabral, Democrat (incumbent)
Stephen J. Murphy, Democrat

COUNTY COMMISSIONER
Norfolk County
John M. Gillis, Democrat (incumbent)
Francis W. O'Brien, Democrat (incumbent)
Stephen G. Harold, Democrat
Susan M. Rogers, Democrat

CHINATOWN'S CURRENT ELECTED OFFICIALS:

Congress: Michael E. Capuano, Democrat: (617) 621-6208
Senate in General Court: Dianne Wilkerson, Democrat: (617) 722-1673
Rep in General Court: Salvatore F. DiMasi, Democrat: (617) 722-2600
Sheriff: Andrea Cabral, Democrat: (617) 635-1000 Ext. 6505

ASIAN AMERICANS ARE THE FASTEST GROWING POPULATION IN THE U.S. IN MASSACHUSETTS, THE ASIAN AMERICAN POPULATION GREW BY 68% SINCE 1990.

ASIAN AMERICANS HAVE THE HIGHEST LEVELS OF EDUCATION IN THE U.S. IN MASSACHUSETTS, 49.8% OF ASIAN AMERICANS HAVE A BACHELOR'S OR HIGHER DEGREE.

URGE YOUR OFFICIALS TO REACH OUT TO THE ASIAN AMERICAN COMMUNITY! VOTE! MAKE YOUR CONCERNS HEARD!



(圖片：華美福利會結訓學生與各科認課老師及華美執行主任李秋明(左一)合影)

華美福利會商業文員訓練班 學生歡喜結業 將各自到工作場所實習

九月十日上午，十餘位華美福利會文員培訓班的學生歡喜地參加結業典禮。

針對老師們回顧授課期間對每一個學生的評估，在結業典禮當天給予各個學生不同的獎項包括態度最從容的學生、接受回應意願最強者、文法能力最強者、總體進步最多者、最佳同儕領導者、最佳毅力及資訊來源者、最具自我明確者、英語進步最多者、最企圖成功者。經過四個半月的共同學習，同學們之間彼此勉勵，已達某程度的認識。在各科老師列出獎項後，許多學生已能猜出得獎同學的名字，場面愉快。許多學生並帶相機為自己及同學祝賀、留影。

今天結業的學生已分別在美國紅十字會、波士頓市議會、塔芙牙醫、愛默生學院及

麻州眼耳醫院接受實習，並有一位學生獲得正式工作職位。華美福利會商業文員培訓班是由一個為新移民所設

的聯邦計劃補助的免費課程，為期六個月，前四個半月為課堂學習，後一個月半月為工作場所實際學習。每週一至週五上午九點至下午五點的集訓。授課內容包括電腦文書、會計理財知識、美國職業文化及找尋工作的技巧。符合申請的條件為所有在美國有合法工作的新移民、具有中等程度以上的英語能力後通過能力測驗的學生。若對華美商業文員培訓課程有興趣，可洽Sai Lech Bhandary 電話：617-426-9492內線210。

美國選舉常見問題解答

美國有哪些選舉形式？

基本上有三種：預選選舉、大選和地方選舉。此外，還可以舉行僅限於某一具體目標的「特殊選舉」，例如，補缺選舉。

什麼是預選選舉？

預選選舉是政黨選擇候選人的提名選舉。預選選舉可以是公開的，也可以只在黨內進行。如果是在黨內進行，那麼只有該政黨黨員才可以投票。在公開預選中，任何有資格投票的選民，無論黨派歸屬，都可投票。

什麼是大選？何時舉行？

大選是指從預選選舉（或政黨代表大會、預選會議）提名產生的候選人中選出擔任聯邦、州和地方公職的人的選舉。大選的目的是在政黨提出的候選人、無黨派獨立候選人、有時還有原來榜上無名但當場寫名的競選人中，作出最終的選擇。此外，在預選選舉中未能定論的非黨派競選，也在大選時進行決選。州範圍的重大議題可以放在大選選票上。它在偶數年十一月第一個星期一過後的第二個星期二舉行。

ASIAN AMERICAN FACTS

In 2000, 33% of Asians in MA were recent immigrants ... nonetheless, 40% of Asians in MA owned a home.

In MA, the 1999 median household income for... Asian homeowners was \$76,688 with 1/3 making over \$100,000 annually.

...white homeowners was \$68,260 with 1/4 making over \$100,000.

The 2000 median home value for...

...Asian homeowners was \$225,600 with over 60% of the homes valued at \$200,000 or more.

...white homeowners was \$190,800 with 46% valued at \$200,000 or more.

Pat Torcivia

366 Salem Street
Medford, MA. 02155
781-396-9500 ext 127
cell: 781-820-0974



Malden-3 family in Maplewood "super" location...Investor's dream 3,2,1 Bedroom apartments near "T"...separate utilities, 2 car garage, yard...won't last...anxious owner \$460's



Prudential
Prime Properties
Wolfson Cutler



Jenny Chen

Cell: 617-869-2975 Office: 617-254-2525
jennychen28@yahoo.com
480 Washington Street, Brighton, MA 02135
www.primerealtygroup.org



Brighton - Single Family, 1800 sq. ft., 4 bedrooms, 1 bathroom, 2 Parking Spaces, a short walk to Brighton Center \$459,500
Brighton -Two condominium units. 6 rooms, three bedrooms, 1 bathroom in each unit. Laundry in unit. \$389,500 & \$459,500
Brighton -Multi Family, 3307 sq. ft., 3 units, 17 rooms, 7 bedrooms, 4 bathrooms. \$719,500
Allston- Condominium, 935 sq. ft., 2 bedrooms, 1 bathroom, 1 deeded parking spot, Central Air. \$342,500



Toon-Teck Ho (Richard) REALTOR® ANDREW REALTY

ERA12 High Street, Medford, MA 02155

Offices also in Winchester, Stoneham, Everett & Woburn

(781) 248-8218 www.MySweetHome.biz

如果您想買屋，我們可為您做免費的市場估價與行情分析
Malden - 優美裝修4房/7房, 2.5浴室, 2車房, 大兩家庭, 5分鐘步行至摩頓地鐵站, \$529,000.
Malden - 摩頓, 闊大光猛, 5房, 2睡房, 2全浴, 1車位, 低管理費, 即可入住, 未能盡說, \$259,900
Quincy - 單家庭, 8房, 3-4睡房, 2全浴, 2廚房, 可泊4車, 地點方便, 近93公路及所有主要公路, \$389,900
Medford - 7房, 3睡房, 2.5浴室, 2車房新建排屋, 步行至橙模地鐵站, 由\$440,000起.
Malden - 可負擔, 特別清潔及光猛3房, 1睡房公寓在新式磚廈內, 位於良好地區, \$169,000.
Somerville - 少有複式, 4房/5房, 可泊9架車另加2車房, 近公共交通, 最好的投資及可轉為公寓式機會, \$535,000.



1st WORLD REALTY

1st Time Buyers - Investors - Developers

ZUNG NGUYEN

(857) 499-9011 Dorchester MA

zung@1stworldre.com

SELLING NOW:

Dorchester - 334 Centre Street - CONDO: \$249,000
Dorchester - 21 Algonquin Street - 1 FAM: \$289,000
Jamaica Plain - 30 Gayhead Street - 3 FAM: \$519,000
Sommerville - 10 Wigglesworth Street - 3FAM: \$545,000
Dorchester - 5 Coleman Street - 3 FAM: \$490,000
Roxbury - 40 Holborn Street - 6 UNIT: \$1,500,000

www.1stworldre.com



MIKE QUINN
Sales Associate

COLDWELL BANKER®

RESIDENTIAL BROKERAGE

(617) 519-6477 CELL
(617) 796-2901 VOICE MAIL
(617) 696-1348 FAX
Mike.Quinn@NewEnglandMoves.com

17 Canton Avenue
Milton, MA 02186
www.NewEnglandMoves.com



Owned And Operated By NRT Incorporated

CLASSIFIEDS

FREE Classified ads for individuals through October! Send us your classified ad to: sampanads@aaca-boston.org or call: 617-426-9492 x206. All ads subject to review by the SAMPAN.

BUSINESS OPPORTUNITIES

WE WROTE THE BOOK on Network Marketing now published in nine countries. Looking for partners to open new venture in US and Asia. Mary Averill, MBA Harvard - University and Bud Corkin, former Asst. Attorney General. Contact: D. Silke at 978-682 4129.

JOBS

Facing History and Ourselves is a 28 year old international education organization whose mission is to engage students of

diverse backgrounds in an examination of racism, prejudice, and antisemitism in order to promote the development of a more humane and informed citizenry. In our Brookline office, we have exciting openings in our Program, Development and IT departments. Please visit our website, www.facinghistory.org, and click on "Career Opportunities at Facing History" for complete job descriptions and application instructions.

Seeking a talented painter skilled in reproduction work to assist hand-painting glassware for artist located in Dedham, MA. Please call Peter at 617-610-4741.

Sushi chef position in Boston suburb. Full time position. Experience and certified required. Call Jeffrey 612-210-5866.

Boston Chinatown Neighborhood Center has 2 part-time positions available in Sept. **Front Desk Staff** - 12 hours per week, Mon-Thu 3-6pm. Duties include: clerical work, member services, assisting program staff. **Gym/Front Desk Staff** - 26 hours per week, Mon-Thu 4:30-9:15pm. and Fridays 12-7pm. Duties include: overseeing gym programs, coaching team sports, and all Front Desk responsibilities. Preferred candidates: 18 yrs old and over, flexible schedule, bilingual in English and Chinese. All interested candidates should contact Victoria Yue at 617-635-5129 or email her at nightmgr@bcnc.net. Resumes should be sent to: **BCNC** attn: Victoria Yue 885 Washington St. Boston, MA 02111

Looking for a **LOCAL CANDIDATE** for the Asia Pacific Buying team at our Andover, MA headquarters. **Qualifications:** 4 year degree, strong communication skills, 2-4 years of sales or buying experience, entrepreneurial spirit, a high energy level, proficiency in Mandarin Chinese is preferred. Visit our website at www.fusion-trade.com. For consideration, please forward a resume to: abuono@fusion-trade.com **By Mail:** Angelo Buono, Fusion, 206 Andover Street, Andover, MA 01810

PERSONALS

Mr. Right
43 Chinese professional, financially & emotionally healthy is looking for educated lady for friendship & possible marriage. Please call 617-417-9676.

26 year old single Cantonese guy seeking a pretty gal between 21 and 25 who enjoys hanging out and spending quality time together. Understanding, sensitive, gentle, and compassionate. Believes in living life to its fullest and taking responsibility for one's actions. E-mail peapeapod@yahoo.com to hear more.

Chinese American female looking for a date. Artist, 25 yrs old and ready to meet new people. Music: Bjork, Olive, Jem. Food: Johnny Rocket chili & Hong Kong eatery. Lifestyle: Bohemian. email: c1chau@yahoo.com

26 yr old adventurous Chinese female bored w/ club/bar scene. Warning: high maintenance. Can you handle it? Email: lychee_baby123@yahoo.com

REAL ESTATE

All real estate advertising in this newspaper is subject to the federal, state & local anti-discrimination and fair housing laws. Federal law prohibits housing discrimination based on your age, race, color, national origin, religion, sex, family status, or disability. To complain of discrimination call the Fair Housing Center of Greater Boston at (617) 399-0491 or HUD toll-free at 1-800-669-9777. For the N.E. area call HUD at 617-565-5308. The toll-free number for the hearing impaired is 1-800-927-9275.

3 FAMILY FOR SALE in East Boston. Call *82-781-286-3320. \$445,000

BEVERLY, MA-AFFORDABLE 2 Bdrm, w/dng & living, hard wd flrs, free parking, Near commuter rail/downtown. New rehab. \$975/mo plus util. First & security only! Call 978-921-4705

ADVERTISE! 617.426.9492

CHRISTINE'S
Cambridge, MA
FOR SALE \$175,000.
Open Monday -Friday.
Call between 1-3pm.
617.876.3551

2 Bdrm Apt for Sale by owner, located at Chestnut Hill (in W. Roxbury and on Brookline/Newton line), 780 sf, top and back unit facing woods & yard, balcony, HW floor, W/D, 2 deeded parking spaces, 2 a/c units, ventilation in every room, swimming pool & tennis courts, etc. Co-broker welcome, 2% comm. Price: 245K. 617-327-7605

屋主自售公寓兩睡房，位於Chestnut Hill (在Westnut Hill, Brookline and Newton的交界線上)，780平方呎，背後頂樓磚牆單元且面向樹林和後院，兩個車位，洗和乾衣機，兩個空調，每戶備有自動通風機，公寓有游泳池、網球場等。歡迎代售員2%酬勞；售價\$245,000；電話：617-327-7605。

VOLUNTEER

VOLUNTEER AT AACA
Help new immigrants, families, and a great community resource by volunteering at the Asian American Civic Association, a community-based organization near Boston's Chinatown with large educational and social service components serving immigrant adults (non-Asian as well as Asian). Participate in our mission to help our clients and students survive and succeed in the U.S! Contact Emily Damiano at emily-damiano@aaca-boston.org or 617-426-9492 ext.215

Volunteer at the SAMPAN!

SERVICES

Affordable Health Care for Mass Residents. Smaller businesses & individuals. 617-923-8686.

麻州亞裔共和黨協會主席黃鷹立 分享赴紐約參與全國黨代表大會的感想

出，當選為麻州代表之一。

問：身為黨代表在全國共和黨代表大會，你的職責是什麼？

答：像擁有一個全職的工作。在全國共和黨代表大會期間，我們每天早上八點半就有一個簡報會議。我們在這個會議上討論任何可能會發生的事情。例如很多代表們會覺得媒體記者都在等著伺機看他們犯錯，所以他們會討論這些媒體記者會向他們提問那些問題及其其他的代表會如何回答這些問題。白天時間，我們會出席一些會議及招待會。然後，黨代表大會會在下午七點半開始舉行，至晚間十一點半結束。

當我們回到旅館休息時，都已經半

黃鷹立 (Joe Wong) 是上個月底代表麻州出席紐約共和黨全國黨代表大會的唯一華裔人士。舢舨記者為讀者與黃鷹立作個人專訪，讓讀者有機會瞭解當代表參與全國黨代表大會的流程及感想。

問：你是在什麼樣的機會下能獲得麻州共和黨黨代表的資格參與今年度在紐約舉行的全國黨代表大會？

答：我向來是一個活躍的尼頓鎮共和黨委員會 (the Needham Republican Town Committee) 成員，而這個委員會正是第九選區的一部分。在今年五月的麻州共和黨大會計劃選出黨代表，有人因為欣賞我在號召更多的人加入共和黨，尤其是我對亞裔民眾加入共和黨的努力而提名我。我也很榮幸因此從第九選區脫穎而出，當選為麻州代表之一。

夜十二點半了。然而也有一些聚會，招待會在黨大會之後舉行。例如我參加由亞利桑那國會議員約翰·馬肯 (John McCain) 及紐約前任市長朱利安尼 (Giuliani) 所主辦的聚會。當天我回到旅館時已是凌晨四點半了，再過四個小時 (八點半) 我還得趕上早晨的簡報會議。

我目前還處於由全國黨代表大會回來的體力回復期。這個會議是很耗精神及體力的。

問：在這次大會中，你認為誰的致辭最好？

答：哇，這個很難說。約翰·馬肯 (John McCain) 的致辭非常有演講家的架勢。而朱利安尼不愧是朱利安尼，他的演說要點明瞭，同時製造娛樂效果。他的演說能引發你的思考，引你開懷大笑。而無人可比的加州市長阿諾·史瓦辛格 (Arnold Schwarzenegger) 的演說是關於平凡人在美國如何看到夢想成真及共和黨如何包容多元性的優點。當然，我也為我們麻州的正負州長感到驕傲。他們被邀請演說，代表他們的影響力以擴及全國性了。

問：有人認為民主黨在號召少數民族一事上比較成功，你認為呢？

答：這樣的論點有點問題。他們認為他們成功是理所當然的嘍，但我認為民主黨是一層一層的，政治管道有中介的性質。我不

害怕地表示本地的華人社區中，大部分民眾是民主黨成員，但是在他們當中只有少部分有完整的政治管道。例如昆士學校的



(黃鷹立代表麻州第九選區參與上個月底在紐約市舉行的共和黨代表大會)

(史亞當採訪張孟筠翻譯)

未來將於華埠裝置監視錄影機 不會涉及一般民眾的生活隱私

範圍，首先試
他表示，在

華埠治安委員會九月一日上午召開會議，由波士頓警局A-1區隊長Bernie O'Rourke和委員會主席陳灼堅說明未來將於華埠裝置監視錄影機的事宜。歐羅克和陳灼堅均表示，將研擬出一套指導原則，來規範裝置錄影機各項細節，並強調該錄影機只會監視公共場合，不會涉及一般民眾的生活隱私。

他指出，這些攝影機只收錄影像，沒有聲音。攝影機基本上24小時錄影，而波士頓警局會決定何時有警員現場監看，但只有受過特別訓練的警員才能使用該攝影系統。這些攝影機採數位方式錄影，同時可攜帶，若需改變裝置地點，只需幾小時就可安裝完畢。

八月底於中華公所許多華埠社區人士已與波士頓警局督察克萊爾 (James Claiborne) 討論過裝置監控機之事。陳灼堅再次利用華埠治安委員會中說明八月底於中華公所會議重點。

陳灼堅表示，由於民主黨全國代表大會的緣故，波士頓市區內多了近20部監視錄影機，市警局有意利用這些設備加強治安，打擊犯罪，因此選定華埠和市中心 (Downtown Crossing) 作為示

笑話兩則

牠很善良

有一個小偷，他跑到一棟很特殊的別墅去偷東西，這個別墅外面有一個牌子，畫一個狗頭在上面寫說：「內有兇犬，請勿靠近，也沒養狗就畫一個狗頭就說內有兇犬，要嚇人不敢跑進去偷東西。這個小偷膽子大就跑去偷東西，偷好了，走出去時，在牌子下面加一句話：「那隻狗很善良，不要冤枉牠。」

我怕你傷害我

有一天，老婆問她老公：「老公，你覺得我漂不漂亮？」於是老公回答：「漂亮漂亮」於是老婆心滿意足地回去繼續打掃。過了十分鐘，老婆又問老公說：「你說我漂亮是不是怕傷害我啊，她老公竟回答說：「不，我怕你傷害我」

Associate Center Director, Suicide, Violence, and Injury Application deadline: 9/27/04

Education Development Center, Inc. is an international, non-profit organization with more than 335 projects dedicated to enhancing learning, promoting health, and fostering a deeper understanding of the world.

Summary

Under supervision of the Center Director, the ACD will

1) Provide administrative oversight of the Suicide Prevention Resource Center (SPRC), which provides prevention support, training, and informational materials to strengthen suicide networks and advance the National Strategy for Suicide Prevention (www.sprc.org) and

2) Coordinate activities for a variety of suicide, injury and violence prevention projects. In addition to SPRC, these projects include: the Children's Safety Network (CSN), which helps state health departments build injury prevention programs (www.childrenssafetynetwork.org); the Young Worker Safety Resource Center, which provides training to teachers and job placement professionals (www.youngworkers.org); and the Traffic Safety Education for Latinos (www.aaafoundation.org/projects/index.cfm?button=EDCintro), which develops guidelines to create effective materials for Spanish speakers. These projects operate independently, but also have a number of similar activities, including providing technical assistance to professionals to increase their capacity to address injuries, violence, and suicide; developing and disseminating written and electronic resources for professionals; and maintaining and expanding internal systems such as libraries and databases.

The ACD will be responsible for managing: management and staff meetings, interactions with project officers, strategic planning, and meetings of steering committees/groups. The ACD will also be responsible for ensuring efficient use of staff time toward accomplishing project objectives in an expedient manner and for mentoring subordinate supervisors. The ACD will ensure compliance with EDC policies in the fulfilling of responsibilities.

Qualifications

Master's degree required. The Associate Center Director must demonstrate: a history of effectively developing quality prevention oriented products based upon innovative and creative ideas; experience managing teams responsible for accomplishing complex tasks; a proven ability to make and carry out short and long range plans; sound experience organizing and managing projects and supervising staff. The ACD must have strong interpersonal skills, excellent presentation and writing skills, and the ability to manage professionals involved in website development and maintenance. The position also requires experience with marketing and communication about health-related issues. Expertise in the field of injury, violence, and suicide prevention is a plus.

Contact Information

Viviana Cataño, Administrative Assistant
EDC, 55 Chapel Street
Newton, MA 02458-1060
vcataño@edc.org



二十一世紀新支票處理法令 下月底實施 讓金錢過戶更有效率

美州銀行於九月八日下午四點四十分分於華埠總行舉辦銀行理財之道講座，主題為「二十一世紀新支票處理法令」。主講人華埠總行的經理毛杰，向大家說明這個新的法令實施後對民眾生活有什麼影響。參與講座的民眾約二十多人。

「二十一世紀新支票處理法令」又稱 Check 21，在去年十月二十八日被簽訂，而在今年（公元兩千零四年）新法生效。毛杰解釋，二十一世紀新支票處理法令讓支票能迅速過戶，依照傳統的方法，不同銀行間的支票過戶最快也需要二至三天的時間。

毛杰舉了一個祖母寄給孫女支票作為禮物的故事。在美國東岸城市波士頓的祖母，寄了一張有明確金額的支票給住在西岸洛杉磯的孫女。首先這位祖母用郵寄的方法將支票寄到孫女手中，孫女就拿著這張支票到所居住地區上的銀行存入她自己的戶頭，接受這張支票的地方銀行會用空運的方式將這張支票寄到波士頓發行的這支支票的銀行，在經過支票聯邦法確認無誤後，再從祖母戶頭上提錢匯到孫女的戶頭上。

然而，二十一世紀新支票處理法令讓支票正本的影印或掃描副本同樣有法律效力。我們將這個影印或掃描出的支票附件，成為代理支票 (Substitute Check)。讓住在洛杉磯 (美洲銀行經理毛杰(右立者)向參與銀行講座的民眾解釋什麼是二十一世紀新支票處理法令及其對生活的影響)



現在的電子通訊進步，電子信件傳輸只要幾分鐘的時間。所以將來支票的過戶不再需要至少兩、三天的時間，可能只要二、三個小時內即可完成。

毛杰表示，這個法令的迅速實施是受到美國九一一恐怖事件的影響。當年，恐怖份子利用兩架飛機衝撞市貿大樓。事件發生後，許多民航飛機及貨機被迫停飛或延遲。當時許多利用空運傳送支票的商務也受到嚴重的延誤。二十一世紀新支票處理法令將讓支票的往來不再受交通延誤的影響。

毛杰提醒民眾，二十一世紀新

大都要花二至三天的時間，所以許多民眾雖然戶頭內沒有足夠的金額，仍敢簽出超出戶頭金額的支票，再打算兩、三天內把錢存入戶頭就好了。但是二十一世紀新支票處理法令的實施，支票過戶會是幾個小時內的事情，不能再有抱著這樣的投機心理。

二十一世紀新支票處理法令並沒有硬性規定所有的銀行都要在十月二十八日後一定要設置這個接受電子代理支票的設備，或一定要接受這樣的電子傳輸方法。只是這個法令給銀行多一個選擇，讓他們用這個電子代理支票處理客戶戶頭內的金錢過戶更加有效率。

(張孟筠採訪)

支票處理法令帶來過戶效率上的方便，但民眾必須更要小心處理銀行支票戶頭內的金錢往來。以往支票過戶

舢舨

地址：波士頓天滿街號
電話：617-426-9492
傳真：617-482-2316
發行人：李秋明
英文編採：史亞當
中文編採：張孟筠
廣告：陸怡安

Neiman Marcus 時裝秀 回餽社區響應華美籌款蓋樓

在波士頓的知名服裝廠牌 Neiman Marcus 將在九月二十一日舉辦時裝秀暨餐會，以為華美福利會籌款蓋樓盡一份心力。這次的 Neiman Marcus 時裝秀暨餐會將在九月二十一日中午十二點半於 Copley Place 的 Neiman Marcus 體育服飾店展出。

門票為 \$75 詳情請洽

購屋自住良機

6 個可負擔的排屋公寓
現正興建中

位於 AMBERWOOD FARM (55+)
281 Rowley Bridge Rd, Topsfield, MA
將以抽籤形式售予合資格的自住買家

(6) 個 2 睡房, 2 浴室, 排屋單位
售價: \$154,000 約 1,746 平方呎
最高 HUD 收入限制如下:

一人 - \$46,300 三人 - \$59,550
二人 - \$52,950 四人 - \$66,150

收入限制將根據家庭人數調整。
另有其他限制

諮詢會議安排如下:

Topsfield Library, 1 S Common St, Topsfield
日期: 9/21 時間: 7PM-9PM

優先考慮類別包括通常省市介定的優先條件

申請表格及資料可在下列地點索取:
“申請表格只有英文版”

Topsfield Town Hall, Selectmen's Office
8 W. Common St.
辦公時間 8:30-4, 星期一至四, 8:30-12 星期五
Topsfield Library
1 S Common St.
電 978-887-1528 查詢辦公時間

或寄信至:

Amberwood Farm C/o P.O. Box 955, North Andover, Ma. 01845
或電郵: amberwood@jterevaultassociates.com

必需附有回郵地址

電話及傳真申請概不受理

截止申請日期為

郵印日期 10/4/2004

詳情可瀏覽網址 www.jterevaultassociates.com

平等住房機會



購屋自住良機

29 個可負擔的公寓

現正興建中

位於 MARITIME LANDING
WOODMAN WAY
NEWBURYPORT, MA

將以抽籤形式售予合資格的自住買家

(5) 1-睡房, 1 浴室, 售價: \$140,000; 約 839-846 平方呎

(24) 2-睡房, 2 浴室單住, 售價: \$154,000; 約 1076-1144 平方呎

申請人必需合乎 HUD 最高收入限制如下:

一人 \$46,300 三人 \$59,550
二人 \$52,950 四人 \$66,150

收入限制將根據家庭人數調整。

諮詢會議日期如下:

10/13, 7PM-9PM

地點: Rupert Nock Middle School, 70 Low St. Newburyport

開放參觀日期:

10/7 5PM-7PM

地點: 售樓處, Woodman Way, Newburyport
“茶點供應”

優先考慮類別包括通常省市介定的優先條件
另有其他限制

“申請表格只有英文版”

申請表格及資料可在下列地點索取:

Newburyport Town Hall, Planning Office
60 Pleasant St, Newburyport
電 978-465-4400 查詢辦公時間
Newburyport Public Library
94 State St, Newburyport
電 978-465-4428 查詢辦公時間

可寄信至: Maritime Landing, P. O. Box 955, North Andover, Massachusetts 01845

索取申請表格。

或電郵: maritime@jterevaultassociates.com

電話及傳真申請概不受理

可瀏覽網址 www.jterevaultassociates.com

交回填妥申請表格截止日期: 郵印日期 2004 年 10 月 27 日

平等住房機會



新任亞裔文化中心執行主任陳慶怡 利用豐富的社區經驗為弱勢團體爭取權益

新任亞裔文化中心執行主任陳慶怡生長在麻州北濱，是一個詩人及社會公義創導者。

陳慶怡三年前搬到加州，期間參與三藩市華人權益促進會的社區工作及弱勢族群權益的提升工作。如今陳回到麻州，將領導亞裔文化中心，這個在華埠有二十五年歷史的非牟利機構。陳表示，將盡執行主任的職責，與義工、實習生及主任們合作一起維持中心功能，並設法籌到更多的經費。亞裔文化中心的宗旨在提升亞太裔的地位及為亞裔的經驗及歷史編成證明文件。

雖然陳慶怡是亞裔文化中心剛上位的執行主任，但是陳與亞裔文化中心的接觸可以追溯到十年前。一九九零年代中期，當時還不到二十歲的陳慶怡參與亞裔文化中心的安全網計劃 (SafetyNet program)。陳慶怡表示，「我對這個機構有一份特別的熱愛。我在想若不是當初加入亞裔文化中心安全網計劃，就不會有今日的我。」

陳當時正值高中時期，參與這個計劃時不免跌跌撞撞地，「當時我是經由學校輔導推介而參與亞裔文化中心內這個稱為CAPAY的亞裔青年團體，進行安全網計劃。CAPAY這個亞裔青年團體是引導我認識真正的亞裔文化，在這之前我都不明確自己身為亞裔的身份。」根據陳表示，她當年所就讀的高中只有五個亞裔美國人。

後來陳進入塔夫大學就讀，並於一九九九年獲得國際關係及英語文學的學士學位。大學畢業後，陳慶怡加入美國和平部隊 (Americorps) 並被派到中西部幫當地青少年作閱讀及語文家教及課後輔導，營隊駐紮遍及洛磯山脈。

後來陳搬至加州，參與了三藩市華人促進會及其他扶助弱勢團體的組織工作，從中得到許多寶貴的經驗。包括亞裔及弱勢族群有許多相同或相似的遭遇。讓我覺得所面對的問題非常熟悉。亞裔文化中心長久以來致力於藝術教育，陳希望能著重社區動力及藝術計劃。

人促進會及其他扶助弱勢團體的組織工作，從中得到許多寶貴的經驗。包括亞裔及弱勢族群有許多相同或相似的遭遇。讓我覺得所面對的問題非常熟悉。亞裔文化中心長久以來致力於藝術教育，陳希望能著重社區動力及藝術計劃。

她表示，「上一任的執行主任有許多非常好的建樹，將會繼續發揚光大，並增加一些大家所喜歡的活動。各式和亞裔文化有關的活動都會找機會舉辦。」陳也希望不斷有新會員加入，計劃與其他少數民族、弱勢團體及婦女團體建立更好的關係。



(原文：史亞當；翻譯：張孟筠)

益的法律提案 Proposition 54。該法案原本即將通過，但透過該組織的努力，仔細調查及分析，終於成功抵

風水掌天下 招証恩居士

八字合婚法

有一位姓陳的小姐到來我辦事處問我，她認識一位朋友已有一年多了，如果同他結婚好或唔好，從手提袋中拿出她朋友的相片給我看。

陳小姐！如果一對男女合婚，結為夫婦，不是從一張相片就會知道的，一定要用先師所遺留下來的經典「子平命理」將男女兩人的出生年、月、日、時辰，起出八字來推算，這是男女合婚的其中之第一個條件，還要配合其他因素始可斷言吉凶。

以我這麼多年來同客人算命，所得來的經驗，都要起出男女雙方的出生日天干稱為日元，在八字中又稱為「夫妻宮」，若男女雙方的八字夫妻宮犯了相、相刑、或相害，都難得美滿的婚姻，夫唱婦隨、舉齊眉，兩方面相處不長久，都在夫妻宮中推算出來，所以要平心靜氣來推算，免得一子錯滿盤皆落索。

例如，一對男女合婚，男方是弱木命，則應配強水命的女性為妻，才可令雙方在命局上的五行氣變得中和而有情呀！我敢斷言一定是美好的姻緣。

IMMIGRATION LAW ROBERT J. GAYNOR

ATTORNEY

100 State Street, 10th Floor
Boston, MA 02109
(617) 723-6200

服務華人
不遺余力

專辦移民法
三十六年經驗

- ◆ Permanent Resident Status/Green card
- ◆ Family-based Visa Petitions
- ◆ Temporary Work Visas/H1B
- ◆ Labor Certifications
- ◆ National Interest Waivers
- ◆ Outstanding Researchers
- ◆ Investors
- ◆ Naturalization & Citizenship

- ◆ 永久居留綠卡
- ◆ 親屬移民
- ◆ 工作許可
- ◆ 勞工紙
- ◆ 國家豁免名額
- ◆ 特殊研究人才
- ◆ 投資移民
- ◆ 入籍

36 Years Experience

特惠舢舨讀者·第一次面談免費

We've Got Eastern Massachusetts Covered



There are apartments - and then there are Corcoran managed apartments - well managed, stylish, modern and constantly updated. Take your pick....

ADAMS VILLAGE
(617) 328-6727
725-735 Adams Street
Dorchester
ACADEMY BUILDING APARTMENTS
(508) 674-1111
102 South Main Street
Fall River
ANDOVER COMMONS
(978) 470-2611
30 Railroad Street
Andover
BEVERLY COMMONS
(978) 927-2055
Tozer Road, Beverly
BROCKTON COMMONS
(508) 584-2373
55 City Hall Plaza
Brockton
FAXON COMMONS
(617) 472-6766
1001 Southern Artery
Quincy
HANOVER LEGION ELDERLY APARTMENTS
(781) 871-3049
Legion Drive, Hanover
KENT VILLAGE
(781) 545-2233
65 North River Road
Scituate

LINCOLN SCHOOL APARTMENTS
(781) 749-8677
86 Central Street
Hingham
MCMAMARA HOUSE
(617) 783-5490
210 Everett Street,
Allston
PELHAM APARTMENTS
(508) 872-6393
75 Second Street
Framingham
QUINCY COMMONS
(617) 328-6727
1 Canton Road, Quincy
RIVERVIEW COMMONS
(978) 685-0552
Bulfinch Drive, Andover
SAUGUS COMMONS
(781) 233-8477
63 Newhall Avenue
Saugus

SHREWSBURY COMMONS
(508) 845-1161
Route 9, Shrewsbury
STONE RUN EAST
(781) 331-2525
8 Old Stone Way
Weymouth
STRATTON HILL PARK
(508) 852-0060
161 W. Mountain Street
Worcester
TRIBUNE APARTMENTS
(508) 875-8661
46 Irving Street
Framingham
THE MEADOWS
(978) 441-9167
82 Brick Kiln Road
Chelmsford
WEYMOUTH COMMONS/EAST
(781) 335-4773
74 Donald Street, #21
Weymouth



CORCORAN
MANAGEMENT COMPANY
Creating Communities Since 1958



柯德文殯儀館

J.S. WATERMAN & SONS

- Eastman - Waring (Since 1832)

歷史悠久，信譽昭著，為華人提供莊嚴服務 65 餘年。

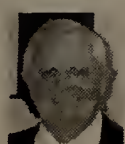
未雨綢繆，隨心隨意，為將來選定慎終追遠計劃

免費查詢專線：1-800-344-7526



楊德超

(華人制殮師)
Tak Chiu Joseph Yeung
Senior Funeral Director



白堅禮

Kenneth F. Bennett
Senior Funeral Director
“柯德文獎學金”創始人

波士頓
(617) 536-4110

495 Commonwealth Ave.

(KENMORE 綠線站)

J.S. Waterman & Sons.

其它地區
1-800-344-7526

Wellesley - Sudbury - Framingham

Norwood - Marblehead - Lynn - Dartmouth

Fall River - Fairhaven - New Bedford

昆士市

(617) 472-1137

576 Hancock St.

(Cito 加油站對面)

Deware Funeral Home

A Service Family Affiliate of AFS and Service Corporation International.
492 Rock St., Fall River, MA 02720

電話: (508) 676-2454

社區簡訊

【娛樂活動】

中華多媒體交流會將於九月二十五日及二十六日上午十點至下午四點於Dorchester的Pope John Paul II Park舉行「東西相約——風箏文化節」活動，熱情邀請社區民眾扶老攜幼前往參加。

當天的活動包括風箏自由放飛、特別風箏表演、文化活動、生日放飛、週年紀念放飛及風箏寄情。中華多媒體交流會表示，將如你的生日是在本活動的其中一日、同星期、或月，主辦單位將送給你一支風箏當禮物，並安排為你唱生日快樂歌。詳情請洽中華多媒體交流會617-416-0012。

「摩頓多元文化藝術節」將於九月十八日(星期六)上午十點至下午二點於摩頓市政府(Malden City Hall)後面的廣場及街道舉行。活動現場有八十個商家及社區團體攤位。活動內容包括多元文化的食物品嘗、青年手工藝術觀摩、兒童音樂活動、室外音樂會等等。主辦單位歡迎民眾踴躍參加，一同歡樂。

【教育消息】

華美福利會成人英文班新班將於十月六日開學，即日起開始招生。入學分班測驗定於九月二十日(星期一)及九月二十七日(星期二)上午九點舉行，地點是華美總部(200 Tremont Street)四號教室。

華美福利會成人英文班特色為除了學習英語，每週同學還會有機會學習和使用電腦。

華美福利會綜合服務中心免費幫助每一位學習英文的學生解決住房申請、就業、報稅等方面問題，使你盡快適應在美國的生活。關於華美福利會成人英文班詳情請洽617-426-9492 內線223。

夏特(Schott)基金會日前於華埠舉辦說明會，宣布將開辦2005年夏特幼童看護及教育研究課程，以促進少數族裔幼童教育公共政策。參與該課程者，可獲得五千元獎學金。

即將開辦的研究課程內容，包括輔導幼童由托兒所走向幼稚園、幼童學習上文化及語言差異之解決對策，及家長如何在幼童教育上有有效扮演提倡者角色。該會歡迎對這些議題的公共政策或解決方案有興趣者踴躍申請。申請日期至九月三十日截止該教育研究為一年免費課程，申請者須經過評選，僅錄取20人，入選者在參加一年課程後，每人可領取五千元獎學金。參加者必須具有兒童專業相關經驗，並熟知兒童教育公共政策。

【藝術展覽】

波士頓女畫家楊樹與二十七名學生的師生聯展將於九月十八日至十月三日止，在劍橋市三佛中心(950 Massachusetts Ave. Cambridge)展出。畫展開幕招待會訂於九月十八日下午五至七時舉行。

楊樹表示，首次辦師生聯展，參展的27名學生是她在美術館學校、波士頓美術館、二佛中心，及私人畫室開課教導的學生，泰半是非華裔。他們的學齡從一個月至五年不等，除了兩位長期學畫的學生展出兩幅作品外，每人以一幅作品參展。參展作品中，一半是水墨畫，另一半是油彩、丙烯、印刷等類畫作。

展覽開放時間為周二至周日的上午十時至下午六時，周一不開放。查詢可洽：(617) 547-6670。

廣東音樂研究社預定於九月十八日(星期六)下午一時至五時，假北昆士高中(North High School)禮堂，舉行慶祝八週年慶典，作四小時盛大演出，該社歡迎各界踴躍參加。

該社成立以聯絡僑界愛好粵劇人士、和廣東音樂喜愛者，共同學習研究、切磋劇藝、陶冶性情為宗旨，並努力促進僑社文娛活動，以娛人娛己為目的。

該社表示，此次演出由馬國峰指導，並邀請多位文娛界協同表演，節目豐富，還有禮物抽獎助慶。票價六元，老人半價，售票處包括金門超市、恒業地產(華埠泰康街6號2樓)、Neo髮廊(昆士市興國街672號)。查詢電話(617) 653-5345。

文協青少年國樂團將於九月十八日(星期六)中午十二時到下午二時，在文協華人活動中心(437 Cherry St., West Newton, MA)甄試新團員。

該團團長歐陽東美表示，歡迎會吹(笛子、笙)、拉(胡琴、大提琴)、彈(琵琶、揚琴、阮)及打擊樂樂器的青少年參加甄選。甄試內容包括演奏三分鐘左右的自選曲，及節奏感、識(簡)譜能力測試等。除了甄試打擊樂者外，所有參加甄試者需自備樂器。

歐陽東美表示，文協青少年國樂團成立於2000年，每年經由甄試活動選拔優秀團員。

樂團提供青少年集體練習、合奏的機會，提高演奏技巧，並代表文協參加演出。有關詳情請洽歐陽東美(978) 369-6056。

紐英倫藝術學會九月二十八日假該學會舉辦師生書法聯展開幕茶會。參展的有該會會長梅宇國及六名學生的作品，以篆書、隸書、行書、草書寫出中國詩詞，也展現書法特有的藝術文化。

參展學生包括吳淑幸、彭美曉、溫映如、黃建輝、曹素芬及趙敏錚，此外該學會書法家林卓培也有作品展出。

梅宇國表示，這些參展學生的學習時間從一年至二年不等，其中還有洋學生。該展覽至九月二十六日止，藝術學會開放時間為每日上午十時至下午五時，詳情可電(617) 728-8588。

為了宣揚佛教藝術及為芝加哥「正覺寺」籌募建設基金，麻州佛教會普賢講堂將於九月十七日至十九日舉辦畫家林梵的佛像藝術畫展，九月十八日下午二時並有順一茶會，主辦單位歡迎各界人士免費參觀。

該畫展開放時間為上午十時至晚間七時，展覽地點：319 Lowell Street, Lexington, MA 02420。詳情可電(781) 863-1936。網址www.massaba.org。該畫展將於九月二十四至

二十六日三天再次於千佛寺展出，查詢可電(617) 773-7745。

華埠

司徒賢律師

WILLIAM W. SOOHOO ATTORNEY AT LAW
1146 WASHINGTON ST., BOSTON, MA 02118
電話：(617) 482-1553 (國、粵、台山話)
靠近平價商場 Dunkin' Donuts



Personal Injuries
Car Accidents
Criminal Cases
Bankruptcy
Divorce
Establishment of a Corporation
Purchase or Sale of Business & Homes

Immigration
Work Visas (H1B, O-1, L-1, J-1)
Labor Certification
(Cook, Software Engineer)

Priority Worker
Outstanding Researcher
National Interest Waiver
Asylum
Deportation Appeals

個人受傷
汽車意外
刑事案件
破產
離婚
公司成立
商業或房屋買賣

移民類：
勞工紙
(適合廚師、微軟件工程師、在香港、台灣、印尼出生者尤為快捷。)
優先工作者申請
杰出人才申請
國家豁免名額
政治庇護
遞解出境上訴

司徒賢律師再全美十大法律學院，紐約大學畢業，是麻省，新澤西，紐約三州註冊職業律師，曾被香港(一週刊)，台灣(聯合報)，美國世界日報，(Boston Globe)，(San Francisco Chronicle) 訪問有關法律政策。

Century 21 Shawmut Properties

二十一世紀地產公司

手機 (617) 283-3671
公司 (617) 746-8887



John Yu
余燦煌



Allston \$949,500

2家庭，11睡房
3浴室，行至B线
6停車，4687平方尺



Allston \$575,000

2家庭，4睡房
2浴室，近Harvard
3停車，2298平方尺

Gabriela M. Krockmalnic Attorney at Law

Practice Areas:

- ◆ H-1B Specialty Occupation Visas
- ◆ L-1 Intracompany Transfer Visas
- ◆ O-1 Extraordinary Ability Worker Visas
- ◆ E-1 / E-2 Treaty Trader and Investor Visas
- ◆ F-1 and M-1 Student Visas
- ◆ EB-1 Visas for Foreign Nationals of Extraordinary Ability, Outstanding Professors and Researchers and Multinational Executives and Managers
- ◆ EB-2 Visas for Workers with Advanced Degrees or Exceptional Ability in the Sciences, Arts or Business
- ◆ EB-3 Visas for Skilled Workers and Professionals
- ◆ IRCA and I-9 Compliance for U.S. Employers
- ◆ Impact of Immigration Law on Mergers, Acquisitions, and Corporate Transactions
- ◆ Labor Certifications
- ◆ Permanent Resident Status
- ◆ Family Sponsored Immigration
- ◆ Deportation and Exclusion Matters

6 Beacon Street, Suite 900
Boston, Massachusetts 02108
Telephone: 617-523-8900
Fax: 617-523-8996
amkro@aol.com
www.immigrationlawboston.com

劉志攻將榮調回台

駐波士頓台北經濟文化辦事處處長劉志攻九月三日接到中華民國外交部調令公文，將於三個月之內榮調返國，將接替劉志攻職位的是現任外交部條約法律司副司長楊國棟。

劉志攻首次來波擔任經文處處長近四年，兩千零一年二月再次奉派至波城，擔任經文處處長至今。三年多來，以誠懇信實的態度辦外交、做僑務，很受人敬重。他說，除了準備搬家、為分別在大學和研究所的兩名兒子做好規劃安排，全力籌畫今年雙十國慶事宜是目前工作重點。

新任處長楊國棟曾任南非辦事處一等秘書、夏威夷辦事處秘書，和外交部條約法律司科長，預計在十二月初抵波。



華埠公園再版設計圖具爭議性 民衆批評這樣的公園只是二流的

華埠向來都是充滿爭議的社區，從高聳的豪華住宅大樓、脫衣舞酒吧的開張、街道上召妓女郎、流浪漢的猖獗，再再總是讓華埠充滿許多不安的聲音。但是大概很少人會預期在華埠附近蓋一座公園的計劃也會引來民衆的意見分歧。但事實卻是如此。

由華埠及皮革區中央幹到諮詢委員會、波士頓重建局及麻省公路局在九月十三日下午舉辦的華埠計劃公園之公聽會。許多華埠及皮革區的居民在公聽會中表達他們對修改後的設計不滿。他們不滿的原因多是為著今年夏季突然改變的公園計劃。

七月底的公聽會中，華埠及皮革區中央幹到諮詢委員會兩位主席范王柳娥及習利(David Seelye)表示，因為麻州公路局(公園提供者)的經費有限，部分公園的原始設計必須修改，例如早先規劃的水柱噴泉將改為噴霧噴泉、插有旗幟的指示塔將被移走，呈現巨大中國燈籠的構造體之計劃也被取消。然而，麻州公路局的成員及公園設計團隊Carol R. Johnson表示，設計的改變並不是因為經費的問題，而是針對實用優先性。在這次的公聽會中引起另一個爭議的是，Carol R. Johnson設計團隊將再度改變一些計劃，好讓出空間作為地下水出入孔。Carol R. Johnson設計團隊的代表Bill Taylor表示，「由於原先的噴水池所在區，也是公園

的中央廣場區，地下有瓦斯線、污水道等各種重要的基礎設備管道通過，不適宜在上蓋噴水池，因此必須將水池移到對面。」

(沒有紅色燈籠的公園藍圖)



(有紅色燈籠的公園藍圖)



(裝設水柱噴泉的公園藍圖)



會噴到過往行人。」

另外，Taylor指出指示塔上的標誌在街上眾多的柱狀物中並不明顯。在I-93公路因大洞計劃(Big Dig)地下化後，將空出土地興建三個公園。這次討論的公園是一個，另外兩個將坐落在北端(North End)及碼頭區(Wharf District)。

習利表示，「比較另外兩個公園的設計藍圖，華埠公園猶如次一等的公園。我們不想成為可憐的外甥，我們想要成為同輩的姐妹。」

經過個方民眾發表意見和討論，范王柳娥認為之後還需再開一次會議，希望設計團隊回去能考慮民眾的意見，會議日期地點將另行公布，有關意見和查詢可電范王柳娥(617) 357-7079 或電郵 sfan-peace@aol.com。

(原文：史亞當翻譯：張朋筠)

(裝設噴霧噴泉的公園藍圖)



麻州就業品質有低落之勢

根據麻州預算和政策中心公布的最新研究資料，在經濟衰退期過後，麻州低薪資的工業成長，高新資的工業萎縮，整體而言，就業品質有低落之勢。報告中指出，在全國的就業市場中，麻州工人的薪資雖然算高，但是結構上已出現轉移和改變。麻州2000-2002年間，四人家中的平均中間(median)收入是8萬281元，名列全國第四。美國上一波的經濟衰退期，於2001年二月被視為正式結束。但是之後的就業市場仍舊疲軟，麻州專業和藍領階級的就業機會仍在縮減。

但有些經濟學家預測，麻州負向就業品質現象僅是暫時的衝擊。州內受過高等教育的勞動力仍然持續吸引公司投資，麻州也會很快地找尋新領域，取代沒落的工業。

麻州預算及政策中心研究員指出，麻州就業市場每10人中，便有四人擁有大學文憑，高出美國平均的30%。總體來說，在經濟衰退之後，麻州喪失的工作比率高於美國其他各州。

在2001-2004年間，麻州農業就業率降了6.1%，全美平均降幅是1.4%。

在2001年底以後，麻州教育和醫療界雇用的低薪教師和護理助理增加了10%，遠超過高薪的行政管理人員和醫生。而麻州醫院、療養院及其他醫療機構的就業總數，在2002年首次超過製造業就業數。

高薪工作減少，使得麻州平均收入降低。麻州平均家庭中等收入已由2001年的5萬2499元，降至2002年的5萬276元，降至90年代早期的指數。研究者說，經過這一波經濟不景氣，許多人發現自

3. 空腹飲水：有效的飲水方法是空腹時飲用，水會直接在消化管道中流通，被身體吸收，比吃飽後飲水的作用更大。
4. 能放能收：專家們奉勸各位朋友，切勿以怕常上廁所為由而避免喝水。長此下去，膀胱和腎都會受損害，易引起腰酸背痛。每天喝八大杯水，是新陳代謝必須的更替。

食譜一則：翡翠蝦仁

材料：

蝦仁 300公克、毛豆仁 11/2杯(或西洋芹菜條11/2杯)、鹽1茶匙

(1)蛋白1個、太白粉3湯匙

(2)糖1/2茶匙、鹽1/2茶匙

作法：

1. 蝦仁洗淨，用布吸乾水份。(2)料拌勻以沸油炸熟，撈出瀝

飲水四大原則

1. 盡量避免常飲蒸餾水：一般蒸餾水的水性太酸，容易傷身，可選擇優質的礦泉水。飲用鹼性水對人體最有利，如無選擇，飲比不飲好。
2. 暖飲水：冰水對內臟功能不利，飲暖開水更為有益，因為這特別有助身體胃腸消化。

DCM 貸款公司

DYNAMIC CAPITAL MORTGAGE
62 Harvard Street, Brookline, MA
MA: ML2201/MB2732
NH: 9240-MBB

JIMMY FANG

Aggressive Pricing

Unparalleled Client Service

利率特優 專業服務 購屋或再次貸款

100% 貸款免貸款保險

Tel: (617) 739-4000 ext. 355

Mobile: (617) 792-5940

jfang@dyncap.com

www.dyncap.com

華美福利會董事會主席陳美霞 榮獲國際頻道 2004「美國展望」獎

國際頻道 (International Channel) 第四屆波士頓地區的「We the People」節於九月十三日晚上六時假波士頓海港大飯店 (Bostob Harbor Hotel) 舉行。這項活動的宗旨在慶祝少數族裔對美國社會的貢獻。歷年來，主辦單位都會在這個活動中頒「美國展望」獎 (2004 Vision in America) 給一名卓越的地區領導者，以表揚他們對提升少數族裔生活的努力。得獎人為華美福利會董事會主席陳美霞 (Mary Chin)。

頒獎典禮由國際頻道地區行銷經理Marco Ghedini主持，除簡單介紹國際頻道為少數族裔服務的宗旨外，也感謝各界人士熱情參與和支持。該次活動共有逾70人參加。

陳美霞出生在麻州羅威爾的一個中國移民家庭。陳是一位執照社會工作者，在波士頓醫療中心 (Boston Medical Center, BMC) 擔任行為健康門診部的臨床主任達十八年。

在專業工作外，陳美霞也義務地接任華美福利會的董事會主席達有二十餘年。在陳美霞的領導下，華美福利會被譽為提升波士頓之亞裔社區勞力發展的模範機構之一。

光在兩千零三年，有超過一萬一千個移民人次得到華美福利會的諮詢、工作培訓、讀寫能力及找工作等各方面的服務及幫助。華美福利會為增加服務功能及品質，目前正致力籌款建樓的工作。

在接過獎項後，陳美霞致詞感謝各界對她本人及華美福利會的支持與愛護。另外劍橋市市長也以賀函向她道賀。此次頒獎晚會中，國際頻道及Comcast 傳播公司也為華美福利會籌款活動共享盛舉，捐出一千元。

當天會中並播放「在美國的日子：庫比蒂諾的故事」(In America-The Cupertino Story) 紀錄



(圖：國際頻道行銷經理(右一)Corey Penn及Comcast 傳播公司行銷經理 (右二)Marco Ghedini 共同將一千元捐款的象徵支票交給華美福利會董事會主席陳美霞(左一))



(圖：該次We the People活動共有逾70人參加。陳美霞(前坐右一))

片，描述加州矽谷庫比蒂諾的華裔如何在美國努力進取的故事紀錄片，片中記述庫比蒂諾的華裔社區感動人心的故事，及他們突出的政治力量。

(本報記者：張孟筠採訪)

(補充：上期在預告這項頒獎消息時，誤將Vision in America 翻為美國視覺獎。在此向讀者說明致歉。本期採美國展望一詞更符合獎項意義。)

九月為美國高膽固醇警醒月

問：甚麼是膽固醇？

答：膽固醇是脂肪的一種，它是構成細胞壁、膽汁及各種荷爾蒙的主要成份。膽固醇主要是由身體製造，亦可以從食物中吸取，與血液中的各種脂蛋白結合，被輸送到身體各部份。

膽固醇在人體內的調節

大部份人都能自動調節體內的膽固醇份量，在進食大量高膽固醇的食物後，身體自然會減少製造，如果進食得少，身體則增加製造，補充需要。不過有些人在這方面的調節效，體內膽固醇的含量會在進食大量的高膽固醇食物後顯著升高。

膽固醇過高的危險

血液中的膽固醇如果過高，便可能積聚在血管的內壁上，使這些血管變得狹窄甚麼形成閉塞。若這種情況發生在

供應血液給心臟肌肉的冠狀動脈之內，便會引致冠狀動脈心臟病，即冠心病。同樣，腦部的血管也可因膽固醇積聚而閉塞或爆裂，做成中風，引致半身不遂及死亡。

膽固醇和有脂蛋白的理想水平

膽固醇藉著與血液中各種不同密度的脂蛋白結合，被輸送到身體各部份。血液內的膽固醇和低密度脂蛋白膽固醇含量愈高，冠心病發生的機會便愈大，相反地，高密度脂蛋白膽固醇則有保護作用，可減低冠心病發生的機會。

膽固醇和有脂蛋白的水平，可由驗血得知。以下是根據統計得出來的理想水平表，以供參考：

- 膽固醇：少於五點二
- 低密度脂蛋白膽固醇：少於三點四
- 高密度脂蛋白膽固醇：多於零點九

怎樣預防膽固醇過高？

要預防膽固醇過高，以減低患上冠心病的機會，便應養成良好的生活習慣。要注意的地方包括：

- 注意飲食，減少進食高膽固醇的食物如肥肉、煎炸食物、蛋黃、墨魚和動物內臟；多吃蔬菜、水果和乾豆類等高纖維食物。

- 維持適中的體重。

- 經常運動。

- 切勿吸煙。

- 飲酒人士應遵照醫生吩咐戒酒或酌量飲用。

- 如經醫生診斷，需要使用藥物醫治，應遵照醫生指示定時服用。

- 如家人曾患心臟病或血管疾病，更應特別注意，最好在踏入中年以後，請醫生定期檢查身體。

華美福利會健康教育專欄

由紐英倫醫療中心亞裔健康宣導計劃贊助

Atrium Alive presents

慶祝中秋節

Chinese MOON Festival



At the Peabody Essex Museum, Salem, MA
Sunday, September 26, 11 am-4 pm

Join us for a day-long celebration of the Chinese Moon Festival, honoring the harvest season. Experience festival traditions through storytelling for all ages, art activities for children, and lantern-making demonstrations in the museum's glass-covered Atrium.

Free with general museum admission.

Made possible by the Freeman Foundation.

邢建邢共佳先生制作中國傳統燈籠

中秋節手工制作

中秋節故事

P|E|M

Peabody Essex Museum

Salem, MA | 978-745-9500 | pem.org | Open daily 10 am to 5 pm